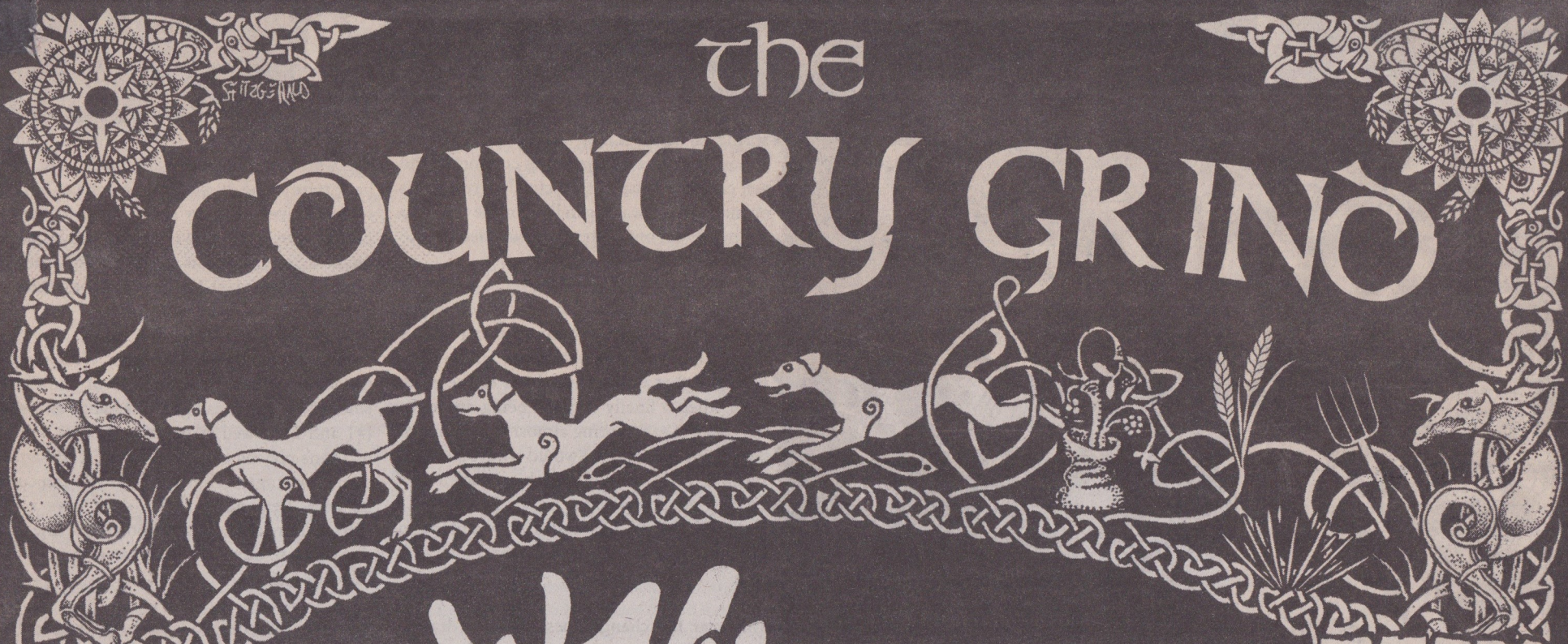
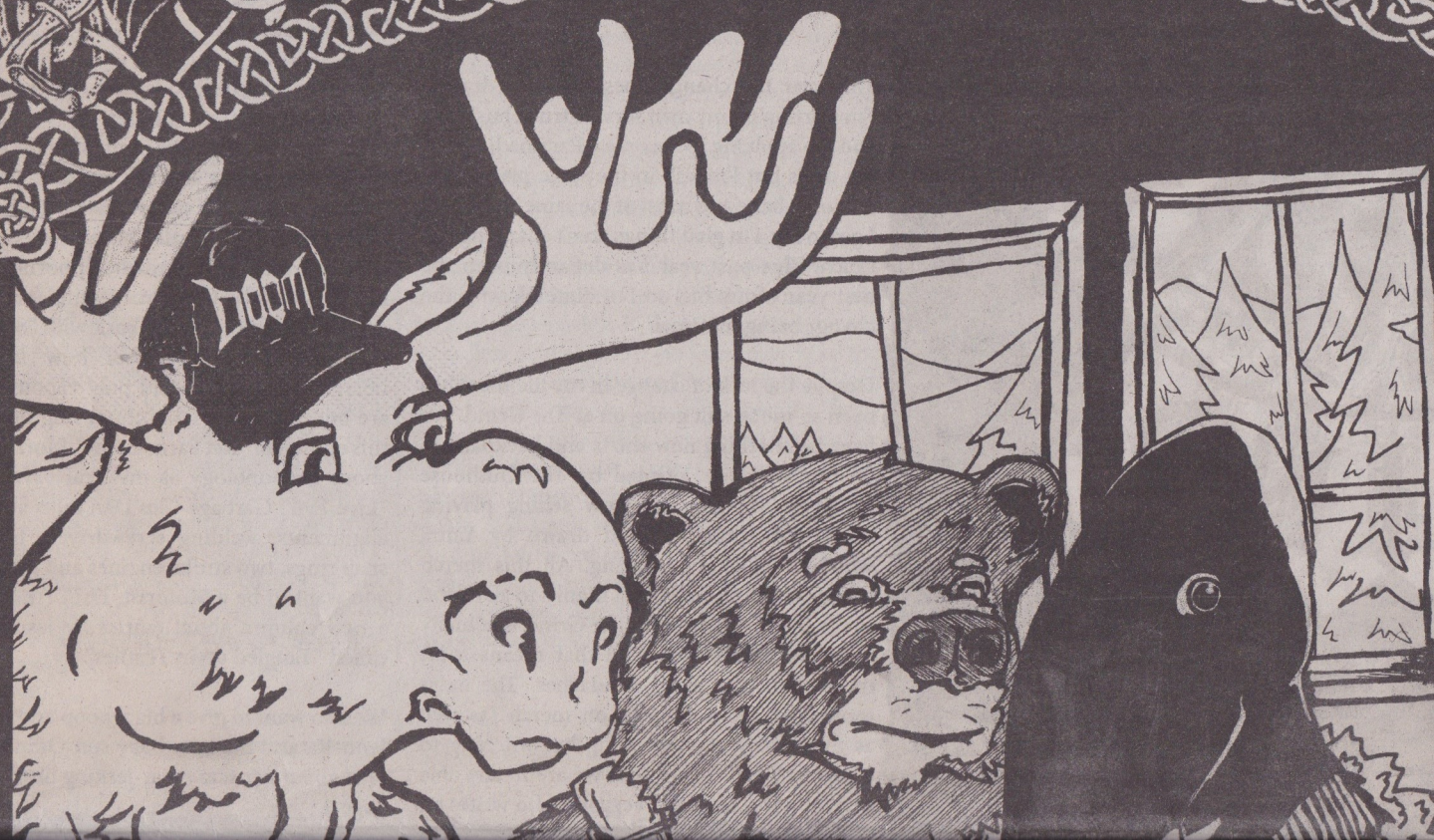


the COUNTRY GRIND



Issue #09
Spring 2016

MADE FOR
RURAL PUNKS
BY
RURAL PUNKS



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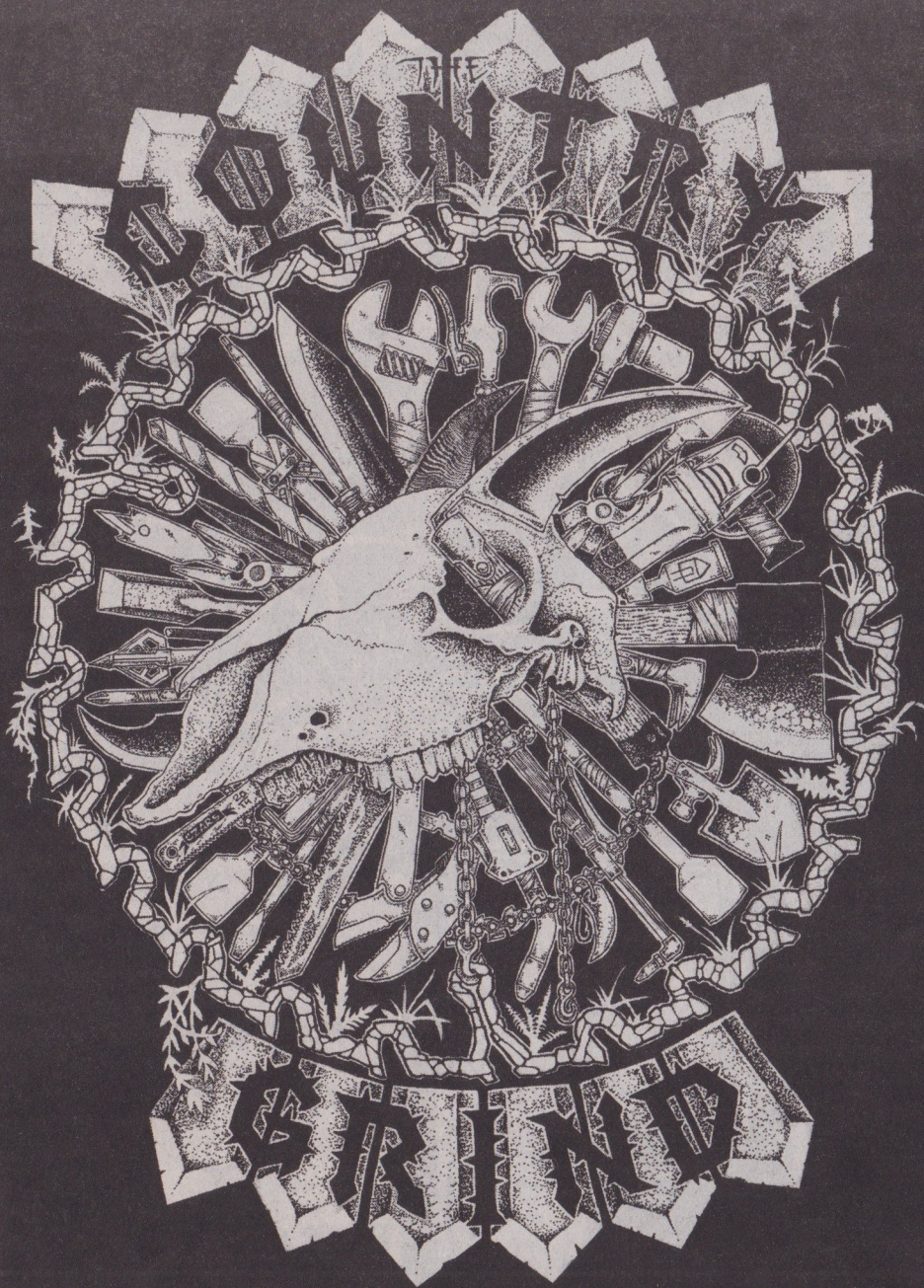
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ISSUE #9
SPRING 2016
CIRCULATION: 1000

MATRIARCHS OF THE GRIND

SUBSCRIPTIONS

Subscriptions and individual issues are available from our website or you can mail us cash, cheque or moneyorder (made out to Gretchen Bonegardener). Because we know it's especially easy to be hard up for

INTRO

Spring is here!!! Long underwear season is almost over and it's becoming comfortable to just chill out outside. I'm actually writing this outside at 6am, waiting in line for the tire shop to open to get my winter tires switched over to my almost bald summers.

Spring for me has almost always meant change. When I was younger spring always meant time to crawl out of my winter den, wherever that was and get back to the road. Even when I finally stopped being an oogle, the onset of early spring almost always meant big change for me. That would always be when I would move, or quit my job, or start a new exciting one, but always change. Last spring I had huge change. I moved from Manitoba to BC, and I met the girl I would marry later that year.

This year the change doesn't feel as drastic. I'm starting up my own service truck business, and I'm applying to become a Paramedic, both big deals but I'm still in the same place, with the same babe and most of the same stuff. And I got to say, I'm glad things aren't changing too much. This past year has defiantly been the best year of my life, so I'm quite ok with the change being minimal.

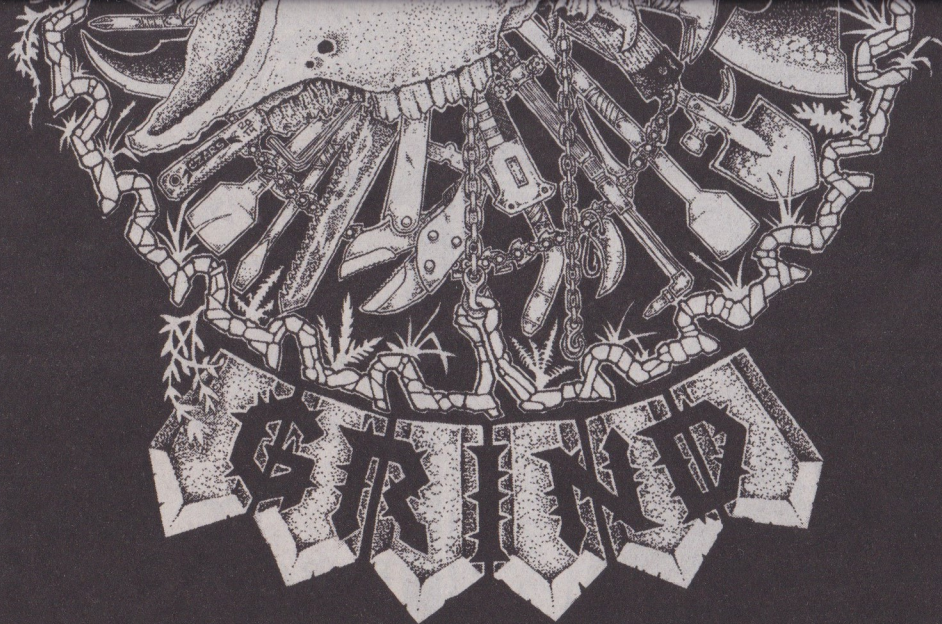
Despite the lack of change in my life there has been so much shit going on at The Grind. We have been selling new shirts and backpatches on our website, printed by The Outhouse Treasury. We are also now selling playing cards, conceptualized and drawn by Yann, which are fucking amazing. All this merch has been selling really well thanks to all of you so for the first time ever The Grind is actually doing ok financially. And that means a lot more than just fewer headaches. The extra money we are pulling in on merch (as well as the money we are saving by switching to a new printer) means that we are finally able to offer a free issue to everyone who writes an

Grind as awesome as it is. Also, thanks to all of you who contributed, we are finally able to go back to printing 20 pages in this issue. In fact, we were given so many submissions that a few didn't make it into this issue and will be saved for next issue. But this doesn't mean y'all can slack off, if you want The Grind to continue you need to help be a part of it.

Our photo contest is still going on. We upgraded the prize to include issues 1-10 of The Grind (the only way you can get your hands on issues #1 and 2) as well as patches, stickers, a deck of Yann's playing cards and a t-shirt (design of your choosing). So let's see what you can come up with. Remember, if you don't have a CG shirt you can always use a homemade one. You don't have to buy shit from us to show that you love The Grind.

Anyways, Welcome to issue number nine. This is honestly one of our best all round issues ever. Gotta be top three in my humble opinion. We have hilarious artwork by Isaac which was originally made for last year's spring issue that never happened. We also have a slew of how-to articles, from laying hardwood flooring to fancy raised garden beds, to prospecting for gold and a whole lot more. Sean is back with "Screaming at a Wall", talking about how traditional fiberglass insulation and poly vapour barriers are bullshit. Judas talks about Bug out Bags in this edition of "Rat Farm Guide". Morrigan talks about Demonology as mystical psychiatry in "Live Evil". Garbage Can Dan talks about DIY alignments, welding screwdrivers to broken snap rings, two stroke engines and more in "So you want to be a Motorist, Eh?". And we have a new column about fabrics by Jasmine Lace called "Tangled up in Textiles".

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Gretchen Bonegardener, Rebecca Poulin,
Shauna Lynn Russell-Petrie

CO-CONSPIRITORS

Ian Russell-Petrie, Dylan, Cud Eastbound,
Yann, Izzy Burgwin, Laurie Storrie

ART CREDITS:

Cover Banner: Sean Fitzgerald
Cover Drawing: Isaac
CG Logo (above): Dylan
Pg 3: Aconite Tisane
Pg 5: Dylan

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Subscriptions (Shauna):

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Rural: \$6.50 (\$4 + \$2.50 S&H)
Urban: \$7.50 (\$5 + \$2.50 S&H)
Outside of Canada in the USA: \$9 (\$4 + \$5 S&H)

1 Year Subscription (4 issues)

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ADVERTISING

We will accept ads from rad folks selling/promoting shit that is in line with DIY punk ethics. You don't have to be rural. You don't even have to be punk.

Here are the ad prices. We are able to do a limited amount of space for trade. Contact us if you're interested.

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Anyways I'll shut up and let you get to this fine issue. I'm sure you'll love it!

~gretchen

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Submissions (Rebecca):
submissions@countrygrind.net

And like everyone else, of course we have
a facebook page at:
[facebook.com/countrygrind](https://www.facebook.com/countrygrind)

SUBMISSIONS

We are actively seeking submissions for future issues. We would love to read your articles, editorials, art, comics, fiction, book and music reviews, as long as it is relevant to rural punks and follows our guidelines (read them first on our website!!)

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2.5"W x 4"H = 1/16 page \$10

2.5"W x 8"H = 1/8 page tall \$15

10.25"W x 2"H = 1/8 page wide \$20

5"W x 8"H = 1/4 page \$30

10.25"W x 8"H = 1/2 page \$50

10.25"W x 16"H = Full Page \$100

We can also accept odd sizes. 2.5, 5, 7.5, or 10.25 inches wide by any height. Contact us for pricing.

MERCH

We are selling merch to help keep The Grind afloat. We have t-shirts, backpatches, playing cards, and new sticker designs (coming soon). You can check em out on our webstore: countrygrind.storenvy.com

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THINK YOU CAN DO BETTER THAN NICHOLAS? LET'S SEE WHAT YOU GOT!

The Details:

Send us a pic of you doing something epic as fuck while wearing a Country Grind shirt.

Winner will receive issues 1-10 of The Grind as well as goodie bag full of patches, stickers, playing cards, and a tshirt.

Submit to [punx\(a\)countrygrind.net](mailto:punx(a)countrygrind.net) or post it on our Facebook page.

Deadline for submissions is June 1st. Winner will be announced in issue 10.

COLUMNS



This issue we are going to dive into the nerdy world of building science and vapour permeability.

Unless you live in a really really dry desert, your house is going to get wet. It is going to get wet from the outside from precipitation and it is going to get wet from the inside from cooking, showering and breathing. Water has three states – solid, liquid and gas, or more commonly ice/snow, water and steam or water vapour. When water gets into a wall or roof and stays there, problems can occur such as mould, mildew, damp and rot. Builders attempt to keep water out of the walls through varied means; raising the wooden walls off the ground, providing roof overhangs, flashing around doors and windows, and layering siding to physically divert water are all means of preventing rain or snow from entering the walls. Things get harder when trying to control water vapour from the inside of the house.

One of the worst ideas that modern construction has come up with is the attempt to control water through the use of plastics and other non-permeable materials. It's the equivalent of wearing old rubber rain gear that makes you so sweaty and damp you start to wonder if you might as well be not wearing rain gear. If you are familiar with stick-framing you are probably used to see-

So if wrapping the insides of a stick frame in plastic is a bad idea, why do most professional builders still do it? Mostly because of the power of inertia, the marketing of plastics companies and people's fears that if they do something different the sky will fall down. But you guys are punks so none of this should apply to you. Alternative building systems are well established. Depending on your climate, skills and resources, options include log walls, cordwood, cob, light-clay infill, straw-bale, adobe, stone or many other variations and combinations. What they all involve are wall systems that accept that water vapour will enter the wall and, more crucially, allow it to leave again. Harm-reduction practices can be applied to wall construction. I highly encourage people to look into these wall systems and see what options are most applicable to you. If you have the time, energy and resources using one of these systems will give you a beautiful unique home that you will be really proud of, but don't underestimate the amount of labour involved. Build a small cabin as a learning project before tackling a bigger house and see if it's something you really want to do. Each of these wall systems has had many books written about them so I won't get into them here. For most people reading this, stick-framing remains the most cost-effective and accessible means of putting a roof over your head, so I'm going to look at how we can apply these ideas to a stick-framed wall.

Firstly, make sure to design enough insulation into your wall cavity to deal with the climate you live in. For most of Namerica this will mean using 2x6 studs in order to have R-20 insulation between them, but be aware that 2x4s are strong enough to struc-

mon. Price wise it will be similar to cellulose but easier to install. It sucks to work with and makes your skin and throat really itchy but it is better than fibreglass in that it is more solid and easier to install, better R-value, deals with moisture better and can be used in vapour permeable wall systems like we are exploring here. Fibreglass really is shite and has no redeeming features compared with any of the other options. Just don't bother.

Once the insulation is installed the walls will need an air-barrier. This just means that a continuous skin without cracks and leaks as much as possible should be put over the inside of the framing. My preferred method at the moment is to use something called dry sheathing which is a thick brown paper that comes in rolls like tar paper. Staple it to the studs and tape the seams with tuck tape and try not to tear it. Having an air barrier prevents draughts and stops warm inside air moving into the wall and bringing lots of water vapour with it. Even though the wall materials can handle moisture, we still want to minimize it. The wall is then ready to be covered with wood panelling or drywall or lath and plaster.

A similar method works really well in ceilings if the ceiling boards sit on top of the ceiling joists. The boards will be flat, so it is really easy to roll out the dry sheathing paper, tape it down and dump a bunch of cellulose on top.

Hopefully that gives you some ideas on different ways of building wall systems. The old methods of plastic vapour barriers are quickly becoming outdated as more and more people realize how crappy an idea it is. With a bit of understanding of building science and lateral thinking you can come up with ways around it that don't cost any more and work way better.

I'm going to finish with a few words on one of my favourite building secrets, the use of ferrous sulphate or iron sulphate as a stain. Iron sulphate (not to be confused with iron

in case of emergencies, but what about other necessary supplies when you're away from home or must suddenly leave? Why would you even have to? This can be a tough concept to grasp, especially when the more boisterous preppers talk about nuclear war and apocalyptic situations. Don't worry about those scenarios, the chance of them happening, let alone any of us being around for it are pretty small. Consider a real life example, in the summer of 1992 I was 7 years old and a train derailed dumping 30,000 gallons of liquid benzene into the Nemadji River. It turned into a noxious cloud and drifted across my hometown of Duluth (MN) and neighboring Superior (WI), causing 50,000 people to be evacuated from the Twin Ports. We packed bags and went to my grandparents house in a different part of town and then when that area was evacuated we went to the family cabin in Cloquet. At the time it was exciting, I asked what we'd do if the cabin was evacuated and my relatives said we'd find a motel somewhere. I secretly hoped we'd get to because I was 7.

Looking back, it's easy to see how this was a shitty situation for a lot of people. It's also served as poignant reminder of why I keep a bag packed ready to grab at a moment's notice. Other situations that a Bug-Out-Bag (BOB) is handy for include forest and house fires, floods, tornadoes, winter snowstorms that may strand you in a vehicle or damage your home (in 2014 record snowfall in our area collapsed many roofs, including houses and our barn), earthquakes, acts of terrorism, a family crisis, funeral, or medical emergency that takes you to a big city away from home, a broken vehicle that strands you someplace inconvenient, the list goes on.

General Supplies

Items commonly found in bug-out-bags include food, water, first aid, flashlights, radio, GPS, batteries, matches/fire starting

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One of the worst ideas that modern construction has come up with is the attempt to control water through the use of plastics and other non-permeable materials. It's the equivalent of wearing old rubber rain gear that makes you so sweaty and damp you start to wonder if you might as well be not wearing rain gear. If you are familiar with stick-framing you are probably used to seeing rolls of clear 6 mil plastic being stapled to the inside of the frame after the insulation goes between the studs. The reason this practice came about is because designers thought that if you put up a waterproof/vapour impermeable barrier on the inside of the house, then water vapour could not pass through. This is reasonable enough in theory, but it starts to fail when you then staple holes in the sheet, drill thousands of drywall screws through it, cut holes for electrical outlets and plumbing and start slicing through it at the inside corners because it's really annoying and gets in the way of installing drywall. All of these holes add up, and what ends up happening is water vapour proceeds to enter the wall, and once it reaches a temperature it condenses into liquid water and has nowhere good to go. If it does warm up and evaporate it condenses inside the wall again because it is trapped behind the plastic. Commence the countdown to disaster. Trapped water starts to rot wooden frames and causes the mould problems I mentioned earlier. The paper on the drywall provides a good surface for mould to live on and mul-

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Another way of minimizing thermal bridging is to use a 2x8 plate and 2x4 studs staggered to the inside and the outside, with insulation weaving between them. Another option is to install horizontal wood members (maybe 2x4s on flat) inside or outside of your studs and insulate between them. Anything you can do to create an insulation break between the inside and

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24 Hour Bag

Your 24 hour bag should be your basic daily pack, think of this as your "Get Home" bag. This is what you keep on your person and

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One piece of jargon that is good to understand is the difference between an air barrier and a vapour barrier. An air barrier is part of a wall or ceiling system that is designed to stop air movement. Air moving through a wall means draughts, loss of heat, and an increase in the amount of water vapour being carried into the wall. A vapour barrier is part of a wall system that specifically tries to stop vapour entering the wall. In the case of 6 mil plastic sheeting that is commonly called vapour barrier, it is also an air barrier, but an air barrier does not have to be a vapour barrier if it is made out of a material that is vapour permeable. Building codes usually call for an air barrier, which is why people who don't know the difference swear up and down that you aren't allowed to build houses without the plastic barrier.

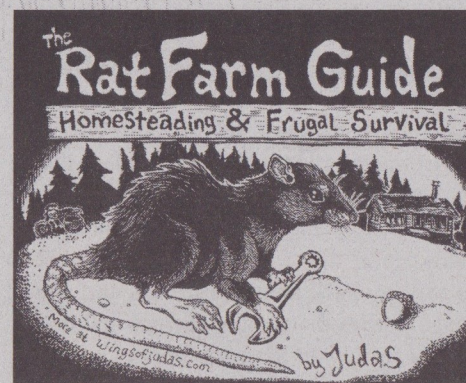
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For stick-framed walls, my preferred insulation is blown-in cellulose. It's made from recycled newspapers, and is a similar cost and insulation-value to fibreglass batts. It is put into the frame using a machine that breaks up the bales and blows it out of a tube. This usually requires an extra step of installing a see-through mesh. Usually you can borrow the blower machine for free when you buy a bunch of cellulose. The denser the insulation is installed the better, but it can be hard to see what you're doing to make sure all the cavities are properly filled. It probably has the least environmental impact of any commercial insulation. Other options for insulation include batts made from cotton or wool which will be expensive, and mineral wool (commonly sold as Roxul) which is made from rocks or mine waste and is very com-

mon. Iron sulphate (not to be confused with iron oxide) is a type of salt with a wide and varied history including its use as a food additive to treat iron deficiency. You can probably find it in your farmer's supply in bulk and it is really cheap and used on lawns. It is a greenish powder. If you add it to water and stir it up you create a liquid that can be used to stain wood. The more powder you add to the solution, the darker the stain. It is best applied with a big brush or a pump sprayer and turns the wood a greenish-grey colour. It acts as a weather proofing agent somehow, and works best on rough cut boards. It can also be used to stain concrete which it will turn brown. The fresher the concrete, the easier it takes, but it will fade if left exposed to sunlight. It's a really easy and effective way to disguise the ugly grey of concrete lots of us are running away from. It's by far the cheapest, simplest and least toxic stain you're going to get.

Seán Breathnach lives in Sinixt Territory/West Kootenays. Find him at www.beyondthebale.com



With the basics of Food Storage down it's time to talk Bug Out Bags! If you missed previous issues you can catch up at wingsofjudas.com

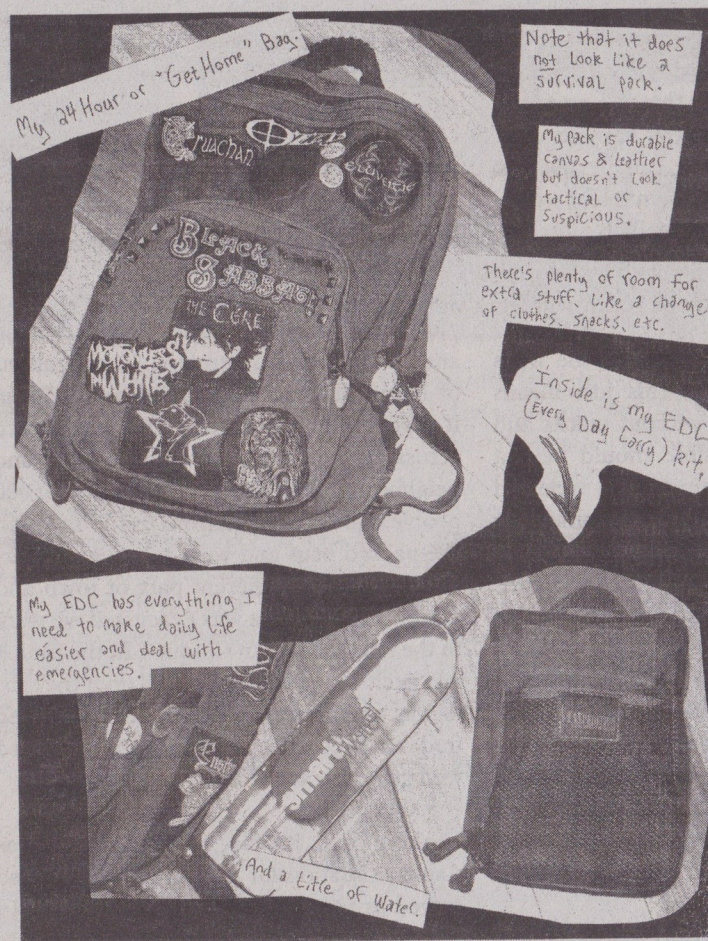
What Are You Preparing For?

If you read the Food Storage section you're already familiar with having food on hand

radio, GPS, batteries, matches/fire starting kits, lighter, bad weather gear, extra clothes, blankets or sleeping bags, compass, maps, cash, emergency contacts, paper and writing tools for notes, emergency whistle, pocket knives or multitools, toilet paper, hand sanitizer, soap, disinfecting wipes, paracord, sewing kits, glue, duct tape, and tarp. When putting together a kit consider your weather, location, likely events, and you (or your family's) specific needs (such as medications). Charging cords or charging devices (containing batteries or solar powered) for phones are also a good idea. Your goal is to cover basic needs of food, water, sanitation, shelter/clothing of some sort, heat, be able to attend to injuries, repair the things you're relying on, navigate, and communicate. Make lists of these things and brainstorm what you can use.

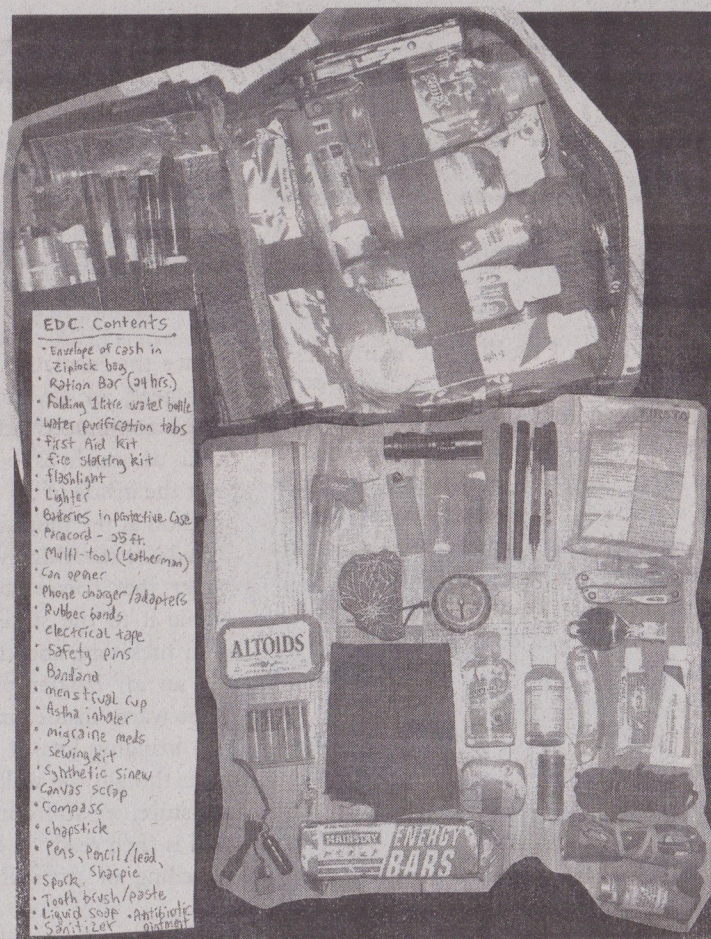
24 Hour Bag

Your 24 hour bag should be your basic daily pack, think of this as your "Get Home" bag. This is what you keep on your person and bring to work, school, or wherever you go. It should contain everything you need to get through 24 hours and get you back home. Keep stuff like snacks or ration bars, water, and cash in small denominations and change in case you need to take a bus or cab, basic first aid supplies, and anything you need on a daily basis as well as the things you likely won't need but would be in big trouble without. As an asthmatic I always carry an inhaler, even though years away from smokers has mostly cleared up my breathing issues, because the attack I'm unprepared for could kill me. Aside from obvious stuff (such as water or medications) it helps to start carrying a bag as soon as you can and take note of what you need as you run into situations. One thing that always threw my game off



was having a boot lace break, you know how a loose boot flops around and blisters your foot and makes it near impossible to walk? I do, so I started always carrying a spare set of laces and eventually upgraded that to a 25 foot length of paracord which can cut to lace boots and do a number of other useful things besides. Any bag will do, a standard backpack being fine, though cheaper nylon ones tend to tear quite easily (reaffirming the utility of a sewing kit at the ready). The pack I use now is canvas and leather for durability. You can always upgrade bags later, getting in the habit of being prepared, even if it's cobbled together out of what you have on hand or easy access to means you're more likely to be covered when the unexpected arises. With that said, I stay away from

ty. The closest I came to building a comprehensive pocket kit was a delicate balance of minimizing and including necessary things and I was able to compact it into a 8"x4"x2" pencil bag. A fanny pack (chaos bag!) makes an excellent "pocket kit" and can be worn for security or shoved into a larger bag with the rest of your gear and works to keep all the odds and ends together. My EDC is a zipper pouch full of pockets and stretchy loops that keeps everything handy, it was made specifically for Every Day Carry by a brand called Maxpedition but of course you don't have to worry about brands and can make your own gear organizer or repurpose another container. If I ever had to replace my EDC pouch and couldn't get another of the same one I'd just go with a fanny pack.



once or you need to move FAST, never letting your tank get too low can give you an advantage. Just like banks and supermarkets, gas station have limited supplies that deplete quickly when everyone takes at once. For vehicle maintenance find a container (it can be a cardboard box in your trunk, steel toolbox, plastic bin, bag, whatever) and load it up. Try to stow it somewhere where it's not going to roll around if you get in an accident. If it locks, clips, or zips, close it securely so tools don't turn into projectiles.

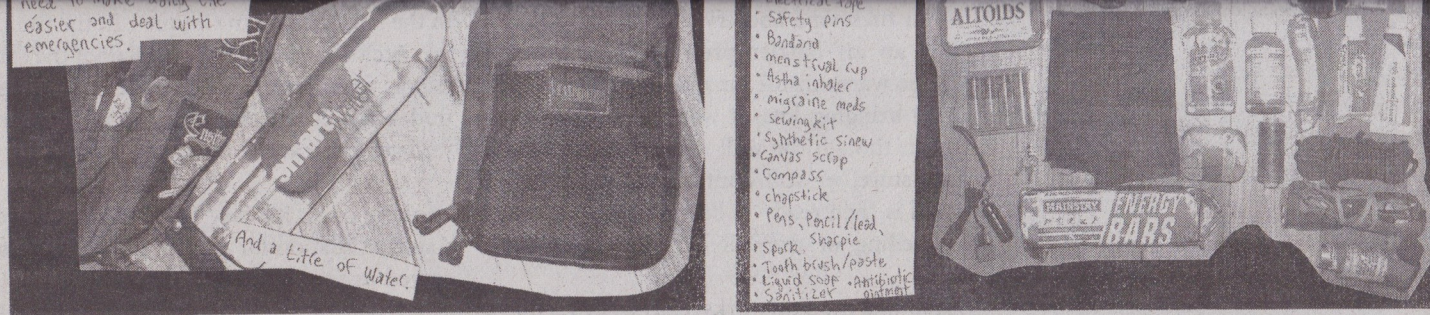
For a solid kit pack: ratchets and sockets sticking with 3/8" drive (do the big stuff at home, skip the torque wrench and snug things up enough to get to your destination), take apart a socket set and ditch the sizes

to have to rely on skills and resources and get your food on the go, whether that's busking on a street corner and dumpster diving or hunting and foraging in the woods. For indefinite survival consider where you will be; urban, rural/small town, wilderness, or between those places. The amount of information that could be written on this topic would fill several books so my best advice is to plan for immediate and likely scenarios and build off of that. If you're looking at long term survival but you haven't lived out of a basic BOB (or built one) you need to back up. Most sources that tout hardcore wilderness survival are full of a few cute tips and a lot of showmanship. The people I've learned the most from when it comes to living out of a backpack in a range of environments are gutterpunks, trainhoppers, and assorted travelers who've actually dedicated some part of their life to doing these things and my favourite source built on that experience is squattheplanet.com. If you can get the basics of preparedness down you can camp or do other other small adventures and fine tune what you know and pack based on what you do and use. This is how you build a more comprehensive and functional knowledge of longer term survival.



Demonology 101 How to Exorcise the Demons from your Personal Hell.

There are many forms of and definitions of demon and many things to know about them but for this segment I'll be talking only about demons in the context of malevolent aspects within the psyche which "haunt" the



was having a boot lace break, you know how a loose boot flops around and blisters your foot and makes it near impossible to walk? I do, so I started always carrying a spare set of laces and eventually upgraded that to a 25 foot length of paracord which can cut to lace boots and do a number of other useful things besides. Any bag will do, a standard backpack being fine, though cheaper nylon ones tend to tear quite easily (reaffirming the utility of a sewing kit at the ready). The pack I use now is canvas and leather for durability. You can always upgrade bags later, getting in the habit of being prepared, even if it's cobbled together out of what you have on hand or easy access to means you're more likely to be covered when the unexpected arises. With that said, I stay away from tactical bags because they look suspicious. The same goes for ready-made emergency bags that are loaded with (mostly) first-aid supplies and generic gear as they tend to come in a bright or neon colour with survival slogans, medical crosses, and reflective tape stitched all over them. They lack the personal approach that enables you to carry the gear you need for your specific situation and stand out. If there is a crisis situation you don't want to look like a walking target. If you do end up with pack like this you can always cherry pick/transfer the contents or rip out the stitching on the embroidered logos or patches, (or cover them) that make its contents obvious. Likewise, very nice looking backpacks are always targets for theft. I cover my gear in band patches and other junk and let it get grimy as it tends to make it look like I don't have anything worth stealing.

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72 Hour Bag

While your 24 hour bag is your "Get Home" bag, the 72 hour bag is the "Get Out". This is what you grab if you have to evacuate or flee. This pack should sustain one person entirely for 72 hours (three days) in absence of electricity, plumbing, shelter, and other amenities. It's also a good idea to have things like more cash and a backup credit card, greater self defense measures, maps of a greater range and/or a road atlas. If your Get Home Bag is geared towards navigating a strictly rural or urban environment the Get Out bag should see you through any place you can to get over the course of three days. If you're going into the city, remember to have cash. You should be able to carry it long distances. Basic survival gear you don't already carry (rope, fire kit, first aid) needs to be in this kit

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For a solid kit pack: ratchets and sockets sticking with 3/8" drive (do the big stuff at home, skip the torque wrench and snug things up enough to get to your destination), take apart a socket set and ditch the sizes you don't need to save space, just be sure you have all sizes including a deep drive for lug-nuts and an extension or two. At minimum pack an adjustable crescent wrench or a set of combo end/box end wrenches (better but more expensive), 3 pliers (needlenose with wire cutter, groove joint, and locking), utility knife, heavy duty scissors/clippers, basic screwdriver set, hammer, and miscellaneous stuff such as duct tape, electrical tape, super glue, zip ties, flashlight with batteries, jumper cables, window scrapers, a small shovel, extra fluids (oil, coolant, transmission fluid, brake, and gear oil), spare bolts/washers/nuts, wire, fuses, etc.

Keep spare clothes and cold weather gear in your car, including sleeping bags rated for extreme temperatures (assuming you live in a place that gets cold), snacks or ration bars (I have a jar of peanut butter with a spoon plastic wrapped to the side, excellent survival food), water, toilet paper, a small bucket

part of their life to doing these things and my favourite source built on that experience is squattheplanet.com. If you can get the basics of preparedness down you can camp or do other other small adventures and fine tune what you know and pack based on what you do and use. This is how you build a more comprehensive and functional knowledge of longer term survival.



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Who are the demons? The most simplified description is that they are parts of ourselves which aren't functioning in our best interests. They are rebellious or misguided programs in our brains that are manifested in mental and physical (psychogenic and psy-

tactical bags because they look suspicious. The same goes for ready-made emergency bags that are loaded with (mostly) first-aid supplies and generic gear as they tend to come in a bright or neon colour with survival slogans, medical crosses, and reflective tape stitched all over them. They lack the personal approach that enables you to carry the gear you need for your specific situation and stand out. If there is a crisis situation you don't want to look like a walking target. If you do end up with pack like this you can always cherry pick/transfer the contents or rip out the stitching on the embroidered logos or patches, (or cover them) that make its contents obvious. Likewise, very nice looking backpacks are always targets for theft. I cover my gear in band patches and other junk and let it get grimy as it tends to make it look like I don't have anything worth stealing.

Pocket & EDC Kits

An EDC or Everyday Carry is a kit, pouch, or bag you bring everywhere and covers what you need in your daily life. This could be your entire 24 hour bag or a smaller component that goes in it or stays on your person, EDCs and 24 Hour Bags may be synonymous. An EDC may also contain things you use in your daily life, be it personal items or tools of a given trade (I always carry a Moleskine sketchbook and selection of writing tools), or things you may not need every day but would be horribly inconvenienced without. There are no hard and fast rules, carry what works for your situation. A pocket kit designed to fit in a cargo pocket or get tossed in a backpack can contain a lot of useful small gear. Tiny pocket kits (such as those made out of Altoids Tins) may serve to organize small items but are not suitable as a stand-alone kit despite their popularity.

Check out my setup to get an idea of what I carry and how I organize everything.

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Car kits

First of all be sure to keep your vehicle gassed up, if a lot of people are suddenly leaving at

you don't need to save space, just be sure you have all sizes including a deep drive for lug-nuts and an extension or two. At minimum pack an adjustable crescent wrench or a set of combo end/box end wrenches (better but more expensive), 3 pliers (needlenose with wire cutter, groove joint, and locking), utility knife, heavy duty scissors/clippers, basic screwdriver set, hammer, and miscellaneous stuff such as duct tape, electrical tape, super glue, zip ties, flashlight with batteries, jumper cables, window scrapers, a small shovel, extra fluids (oil, coolant, transmission fluid, brake, and gear oil), spare bolts/washers/nuts, wire, fuses, etc.

Keep spare clothes and cold weather gear in your car, including sleeping bags rated for extreme temperatures (assuming you live in a place that gets cold), snacks or ration bars (I have a jar of peanut butter with a spoon plastic wrapped to the side, excellent survival food), water, toilet paper, a small bucket or coffee can to piss in extreme weather, and flashing alert lights. You can warm up frozen water to drink but if you're already trying to stay warm hugging ice isn't a great way to do that. I always carry water with me in my daily pack. If you find yourself stranded get into a sleeping bag before the car (and you) start cooling off and toss your water bottle in as well, before they freeze.

Long Term Bag

A Long Term Bag is what you'd carry for indefinite survival. It will contain many of the same things as your Go Bag but there are some practical considerations and a lot of complicated variables. The easy part is to swap things that will run out such as matches for flint and steel or water bottles for a refillable container with filtration/sanitation. The LTB may also contain more gear to accommodate a change in seasons. While you'd carry everything you need to eat and drink 24/72 hour bags you're going

aspects within the psyche which haunt the living and how to defend yourself against them and/or summon and exorcise them. These techniques are here described as a system of mystical psychiatry which can be used to treat a wide variety of psychological or behavioral problems. They are tools based on the ancient system of **goetic**¹ magick. If you are hearing voices of ill-intention or seeing demons, you can use some of these techniques as a first defense but make sure backup is on the way before you engage in battle. **Call someone.** A friend, a trusted elder, even if it has to be 911 you can still use magickal warfare against these forces while you wait for help.

Who are the demons? The most simplified description is that they are parts of ourselves which aren't functioning in our best interests. They are rebellious or misguided programs in our brains that are manifested in mental and physical (psychogenic and psychosomatic) illnesses. They are the unseen causes of human problems like addiction, obsession, depression, anxiety, irrational fear, PTSD, insomnia, OCD, etc. In the form of the demon, or lesser spirit, the root causes of issues can be addressed in a way that separates the problem from the person (patient). This is beneficial because when something problematic is intertwined with our being or we are immersed in it, it can be very hard to assess what it is or how to deal with it. But our demons are our own and no one can command them but us. When we use the tool of **anthropomorphic personification**² to remove the problem from ourselves and make it externalized, it is a lot easier to see it for what it is and exercise control over it. The process of externalizing issues is also prominent in modern psychotherapy but only under extreme and bizarre circumstances is it referred to as "exorcism". The general consensus seems to be that most psychological issues should be solved by doctors and only when a truly *supernatural* possession is *proven* should you call your priest. This

view is slowly changing as alternative types of therapy like hypnosis are becoming more widely considered to be valid forms of treatment for psychological disorders. And new age spirituality makes every adherent their own priest(ess). Self-reliance here means leaving the doctors and priests behind and being your own **exorcist**.

First, set up your work space. You will need a mirror or black mirror and a surface you can write on with chalk. Draw a triangle there. An equilateral triangle out of ash, chalk, charcoal, salt, rust or if you only have a pen that will suffice. Make sure it is big enough to fit your mirror inside and write the demon's name or some image to represent it in the triangle or on the mirror. A triangle is the first solid shape that can be made from straight lines and so it is strong in its simplicity. This will be the holding cell for your demon while you are addressing it and so it is best drawn in a substance, known to hold or trap pesky entities, such as iron or salt. It is also the primal symbol of human genitals. If pointing up it is the symbol of the boner and downward it is the cunt (this symbolism has deeper meaning when we examine right and left hand path and black and white magick but we'll save that for another chapter). As such they are symbolic of our belonging to this world and being therefore of higher authority than any demon as demons cannot possess physical form of their own and have no genitals, as we do, and no flesh or place in our world of their own dominion. Demons are lower and lesser than us although they may make themselves appear great and terrible and they can dominate our minds by persistence and intimidation. The fact that you are aware of this truth and display it by use of a triangle will defuse some of the demons power. If a demon appears before you, it's worth a shot to flash them your junk. They may be terrified of you if you can do so with confidence and authority. It is however believed that a limp dink has less than the desired stopping power as compared with a raging hard on so if you have a trouser snake this might not be the best

possible. Calling something by name gives you greater power over it. If you don't know the demon's name then you should call it by a description that is both accurate and demeaning. For example if your demon is speaking ill words you could call it forked tongued, liar, slanderer, or snake or something. Liar liar pants on fire. To know the name of a thing is best though. If you think about how it feels when someone calls you by your full legal name and remember your mother using your middle name when you were a child then you will realize that this is very powerful. It was once widely believed that to know the true name of a thing and pronounce it correctly gave a person control of that thing, even if that thing is god. It is still known that to use someone's first middle and last name implies authority. Demons are no exception. Remember though that they are your demons and so they are yours to name. If you cannot discover the name, make one up and be sure the demon won't like it.

Now it is time to start! The first step is to banish the unhelpful and invoke the helpful by means of a banishing ritual. There are many versions of the banishing ritual namely the Lesser Banishing Ritual of the Pentagram, the Star Ruby, or the Kabbalistic Cross. These rituals are potent and widely available to learn but correspond strongly to the mystical systems which stemmed them. This is a big barrier for the non-religious. So I came up with a plain English version with no deific names or Latin incantations so that anyone can practice the technique without being inadvertently involved in a religious tradition. I highly suggest any aspiring magician study the banishing rituals and find or create the version that is best suited to them. That being said here's the one I came up with the intention of being very general and malleable:

Facing East, imagine yourself growing to a size where the whole universe can be encompassed within you. Visualize yourself as the biggest and most powerful form possi-

side and say low but clear: "Before me is the greatest brilliance, behind me is love and compassion. To my right is the upright flame and to my left the glory of the world! In me is the human flame and in my path is the light of perfect balance!" End as you began: "Get behind me shit disturbers!"

Now that banishing is done it's time to evoke the demon to a form that can be worked with. A mirror flanked by dim lights or candles in a darkened room will work well or a black mirror out of polished stone can be used if you happen to have one lying around. This is how you will converse with the demon. Talking to yourself in a mirror. Look into your own eyes in the reflection and command the demon forth with this evocation:

"Come forward (name) I say! Show yourself and make every demon of the physical and of the ethereal, on the earth and under the earth, on dry land and in water, of whirling air and raging fire obedient to me! Show yourself decently (name) and without delay! Get behind me shadow and hurt! You are mine to wield and command! Obey your True Master oh memories and subconscious! Obey me for I am she/he/they! I conjure you forth (name) from the darkest depths by the Authority Most High and Undeniable! Show yourself demon (name)! I command you (name) by the true inevitable law to appear and be subservient to me! Show yourself!"

It may take repeating the evocation several times to get the demon to appear in the mirror. If the demon refuses to be summoned into the triangle, threaten it with torture and eternal torment. If you know any names of power or magick words that might sound intimidating, then say them. "By the name of _____ I command thee!" type of thing. Be **persistent and relentless** in your commands, you will succeed if you do only this. I can't tell you what you will see or how you will know the demon has appeared but I can tell you it will be something projected from your mind and that you will just *know* when it's there.

mind. Always remember this exorcism is meant to be rid you of a problematic part of yourself. From this vantage there is no giving in to its pleas or demands. Only lessen your wrath out of mercy if you choose but **never let the demon have what it begs for**.

Once the sentence has been passed you must repeat the Banishing ritual as you did to begin.

If you can, after banishing it is a really good idea to think about something hilarious or celebrate with laughter somehow before coming back into normalcy. Make light of the day's events as you emerge victorious.

Like other forms of therapy, one shot may not be enough for the big stuff if you are tackling a persistent issue. So, as a follow up, after a few days to a week do the whole ceremony again and continue as many times as needed.

Some names and sentences of power:

Names:

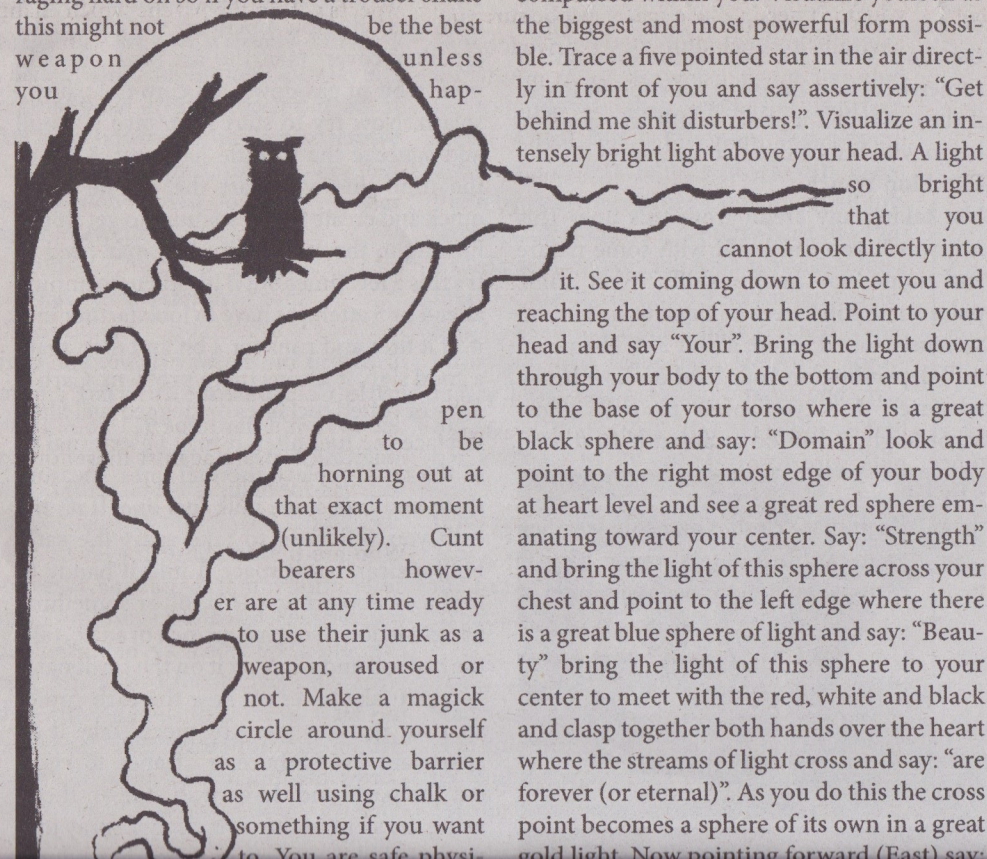
NUIT ,HADIT, THERIO, BABALON, WDIN, LVCIFER, ZEUS, ASTARTE, DIANA, PAN, RA, HORUS, JESUS, INRI, OM, SHIVA, GANAPATAYE, NARASIMHA, DIONYSIS, SATURN, EA, EL, ELOYM, ELOHIM, ADONAI, YHVH, JHVH, EHYEH, SHEMAMPHORASH, EHYEH ASHER EHYEH, ANQTM PSTM PPSYDYNVSYD, AGBYTS QDASTIN NGDYBS HQDTNA YGLPZQ SQVSYT

Sentences:

ENAI MAKRIA KATHE KAKO DAIMONIA! Go far away evil demons! (Greek)
NA SOU PISO MOU DAIMONIA! Get thee behind me demon! (Greek)
APO PANTOS KAKO DAIMONOS! Away are the demons evil things! (Greek)
PRIN MOU IYUNGES, PISO MOU TO TELETARCH, STO DEXI MOU CHERITA SYNOCHES STA ARIS - TERA MOU DAIM -



also the primal symbol of human genitals. I pointing up it is the symbol of the boner and downward it is the cunt (this symbolism has deeper meaning when we examine right and left hand path and black and white magick but we'll save that for another chapter). As such they are symbolic of our belonging to this world and being therefore of higher authority than any demon as demons cannot possess physical form of their own and have no genitals, as we do, and no flesh or place in our world of their own dominion. Demons are lower and lesser than us although they may make themselves appear great and terrible and they can dominate our minds by persistence and intimidation. The fact that you are aware of this truth and display it by use of a triangle will defuse some of the demons power. If a demon appears before you, it's worth a shot to flash them your junk. They may be terrified of you if you can do so with confidence and authority. It is however believed that a limp dink has less than the desired stopping power as compared with a raging hard on so if you have a trouser snake this might not be the best weapon unless you happen



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Facing East, imagine yourself growing to a size where the whole universe can be encompassed within you. Visualize yourself as the biggest and most powerful form possible. Trace a five pointed star in the air directly in front of you and say assertively: "Get behind me shit disturbers!". Visualize an intensely bright light above your head. A light

so bright that you cannot look directly into it. See it coming down to meet you and reaching the top of your head. Point to your head and say "Your". Bring the light down through your body to the bottom and point to the base of your torso where is a great black sphere and say: "Domain" look and point to the right most edge of your body at heart level and see a great red sphere emanating toward your center. Say: "Strength" and bring the light of this sphere across your chest and point to the left edge where there is a great blue sphere of light and say: "Beauty" bring the light of this sphere to your center to meet with the red, white and black and clasp together both hands over the heart where the streams of light cross and say: "are forever (or eternal)". As you do this the cross point becomes a sphere of its own in a great gold light. Now pointing forward (East) say:

lay. Get behind me shadow and hurt! You are mine to wield and command! Obey your True Master oh memories and subconscious! Obey me for I am she/he/they! I conjure you forth (name) from the darkest depths by the Authority Most High and Undeniable! Show yourself demon (name)! I command you (name) by the true inevitable law to appear and be subservient to me! Show yourself!"

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When they do appear, charge the demon with their crimes as if you were the judge in a courtroom. This is only effective in cases of exorcism where you want to shake the demon completely and is not a good way to make friends with them. If you would prefer to persuade the demon to take your side then you must be very wise and cunning and premeditate anything it might say or do to use against you. As I previously mentioned there are many ways to look at demons and this technique of summoning them can be used pretty universally but for this particular purpose we will use force and threat to intimidate them into submission. Good visualization skills will come in very handy here. Make your magick triangle a place for this creature to be judged and sentenced to whatever correctional action you see fit. Make it do community service or whatever, something nice for you. **DO NOT** just put it in a prison cell and throw away the key, the force and pressure of it may stop the current symptom but will only cause new symptoms to arise. Remember your weapon here

Names:
NUIIT ,HADIT, THERIO, BABALON, WDIN, LVCIFER, ZEUS, ASTARTE, DI-ANA, PAN, RA, HORUS, JESUS, INRI, OM, SHIVA, GANAPATAYE, NARASIMHA, DIONYSIS, SATURN, EA, EL, ELOYM, ELOHIM, ADONAI, YHVH, JHVH, EHYEH, SHEMHAMPHORASH, EHYEH ASHER EHYEH, ANQTM PSTM PPSYDYNVSYM, AGBTYS QDASTIN NGDYBS HQDTNA YGLPZQ SQVSYT

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PRIN MOU IYUNGES, PISO MOU TO TELETARCH, STO DEXI

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T E R A M O U

D A I M - O N E S .

SCHETI- KA ME MENA FLOGA TO ASTERI

TON PENTE, KAI STIN PYLONA VRISKETAI TO ASTERI

TON EXI. Before me the birds, behind be the fountain of knowledge, to my right the living strength of fire, to my left the elemental creatures. About me is the flame of the star of five, in the pillar is the light of the star of six. (Greek)

ATEH MALKUTH VE GEBURAH VE GEDULA LE OLAM AMEN.

Thou art the kingdom, the power and the glory, for all eternity. (Hebrew)
IN NOMINAE PATRIS ET FILLES ET SPIRITUS SANCTI. In the name of the father son and holy spirit. (Latin)

VADE RETRO ME SATANA! Get behind me Satan! (Latin)

Notes:

1) The Goetia or the lesser key of Solomon is a book widely consid-

this might not
be the best
weapon
you

unless
hap-

the biggest and most powerful form possible. Trace a five pointed star in the air directly in front of you and say assertively: "Get behind me shit disturbers!". Visualize an intensely bright light above your head. A light so bright that you cannot look directly into

it. See it coming down to meet you and reaching the top of your head. Point to your head and say "Your". Bring the light down through your body to the bottom and point to the base of your torso where is a great black sphere and say: "Domain" look and point to the right most edge of your body at heart level and see a great red sphere emanating toward your center. Say: "Strength" and bring the light of this sphere across your chest and point to the left edge where there is a great blue sphere of light and say: "Beauty" bring the light of this sphere to your center to meet with the red, white and black and clasp together both hands over the heart where the streams of light cross and say: "are forever (or eternal)". As you do this the cross point becomes a sphere of its own in a great gold light. Now pointing forward (East) say: "I call on the power of the golden mind, banish all profane thoughts!" turn north and say: "I call to the power of the healthy body, banish all illness!" turn west and say: "I call on the power of a heart full of love banish all hatred!" turn south and say: "I call on the power of the soul of raging fire banish

that which is lifeless!" Now return to the center and stand arms outstretched to either

its there.

When they do appear, charge the demon with their crimes as if you were the judge in a courtroom. This is only effective in cases of exorcism where you want to shake the demon completely and is not a good way to make friends with them. If you would prefer to persuade the demon to take your side then you must be very wise and cunning and premeditate anything it might say or do to use against you. As I previously mentioned there are many ways to look at demons and this technique of summoning them can be used pretty universally but for this particular purpose we will use force and threat to intimidate them into submission. Good visualization skills will come in very handy here. Make your magick triangle a place for this creature to be judged and sentenced to whatever correctional action you see fit. Make it do community service or whatever, something nice for you. DO NOT just put it in a prison cell and throw away the key, the force and pressure of it may stop the current symptom but will only cause new symptoms to arise. Remember your weapon here is your authority inherent in you by being born. The demon can say whatever it wants it is still under your rule and subject to your sentencing. Be forceful. You know how cops talk when they're trying to intimidate you? Yeah be like that. Use that power. Be like the wrath of god almighty and strike with great and terrible fury, smiting the living shit out of a criminally delinquent program in your

D A T M -
O N E S .

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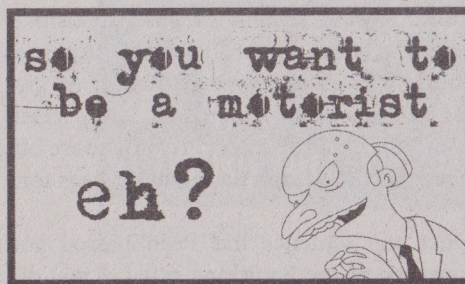
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Notes:

1) The Goetia or the lesser key of Solomon is a book widely considered by occultists to be the definitive manuscript on summoning demons. Written in the 17th century C.E. about magic of the rabbi, magician and king of Israel Solomon the Wise.

2) Anthropomorphic personification: the mental or mythological embodiment of an idea, force or belief. Like Cupid or Death.

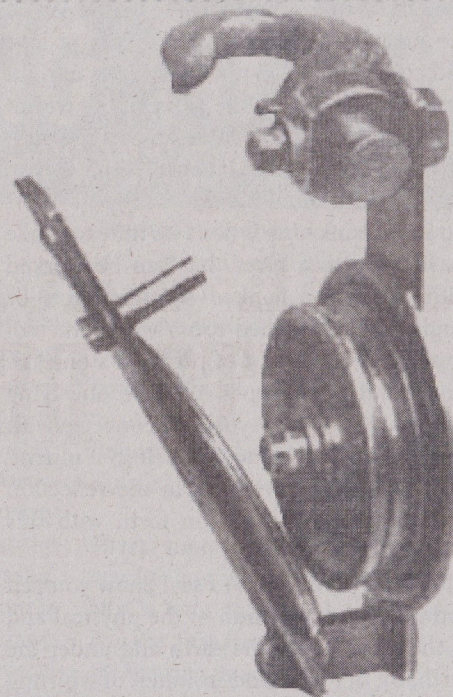




Alright spring is here or on the way, depending where you live (Newfoundland sorry gotta wait till june). It's kind of the sweet spot for driving beaters around, it's not freezing cold anymore and not wretchedly hot. There could be lots of mud though like at our place from the melt run off. Ultimately a properly graveled driveway is gold but very expensive, so driving through the mud it is. Having a mounted winch is always handy but if you don't have one, always carry some small lengths of 2x4, maybe 1.5 ft to 2 ft long and ratchet straps. This won't work for front wheel drive vehicles, or rather could work but would be very sketchy you would need to make sure the wheel never turns while engaging forward. In an ideal situation you would have nice soft studded winters for freezing time, then some knobby mud tires for spring so you don't burn out nice winters on semi dry semi warm highway, and then your summer low resistance highway tires, but thats allot of tires and rims to pile around, also to maintain.

So go get stuck, now before gunning it and digging a deeper rut, take the 2x4 and place it on the top of the tire then feed the ratchet strap through the rim around the tire and over the 2x4. Ratchet it down, right, now do it for the other side. Now you have a big paddle, in a sense, on the tire that will give just the right amount of leverage to get out. If driving standard keep it in first and if auto set it to L or first.

Oh yeah and do this for the other side tire

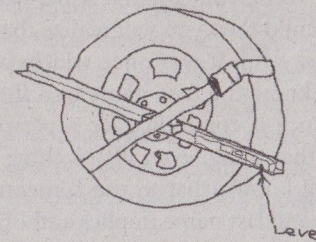


Snap Rings:

While replacing a wheel bearing I was stuck with a predicament, the snap ring tabs broke off because the bearing snap ring was seized so bad it wouldn't budge even after pressing the bearing down a couple 1000ths of an inch. Getting frustrated and after a few hours I thought, welder.. so proceeded to weld some standard flat head screw drivers onto the very edge of the snap ring as carefully as possible to not burn through it or weld it onto the knuckle, which would leave you in a much more painful situation than before. But carefully weld on some material, it can be any steel really, I just choose screwdrivers because I just love destroying my tools. Sure enough now the snap ring was starting to move and come loose and eventually came out by pulling on the screw drivers. It's not ideal to reuse old snap rings but sometimes certain models only the dealer can order the parts and you could end up paying \$40 for the tiniest piece of metal. If you cut the ends of the snap ring on an angle it's possible for the next person that goes in there to pull that ring out, see image below for the proper direction to cut the ends, this will allow

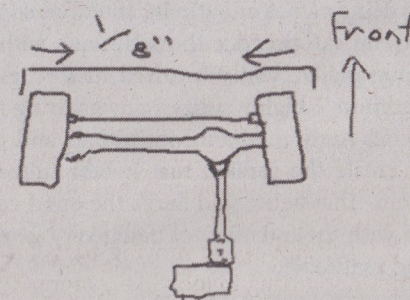
the same on the other side.

Now you got the bed frame rails on tight everything as square as possible set the measuring tape right up to the side of the tire and latch the end of the tape on the bed rail then bring it across tight to the other side. You can measure now what your pitch is and adjust accordingly. So you want the front measurement to be slightly smaller



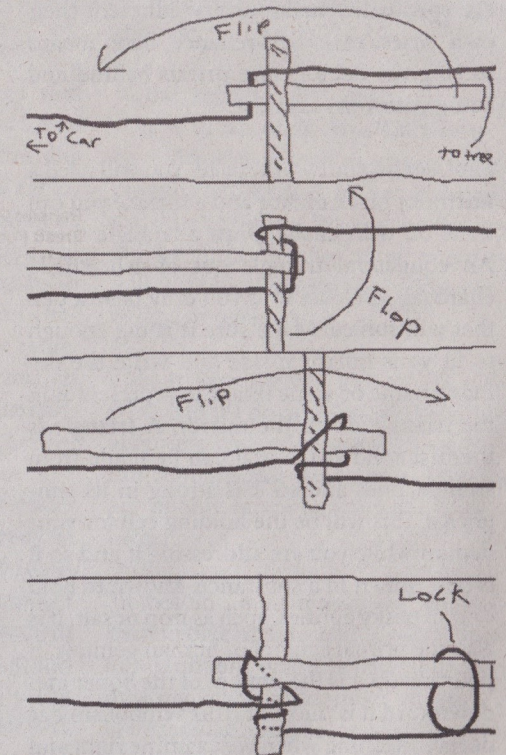
than the back. For example on my truck the front measures at 78 & 14/16 and the back of the tire measurement is 79" so this means my toe in is 1/16th per side, pretty good. You don't want to go too far in or you will have abnormal tire wear.

And negative tow is really bad because while driving it will feel like the front tires are trying to rip the truck in half, very bad. Now you're all good tighten up your tie rod ends, very important don't forget this part. This method of alignment isn't perfect, but what is perfect anyways, I think the word is irrelevant. If it doesn't feel right just keep



setting up the bed frame rail and checking the tow a few drives. If you're going to the shop to get aligned anyways it's still fun to

logs. This can be a very powerful winch to get you unstuck as long as you have rope or chain and some anchoring points. If you anticipate getting stuck somewhere you



should bring a big hammer or maul and a heavy rod, thick metal pole or something very solid you could pound into the ground and an anchoring point. I would only do this if I had someone else with me and be very careful, viewer discretion is advised.

Two Stroke Engines:

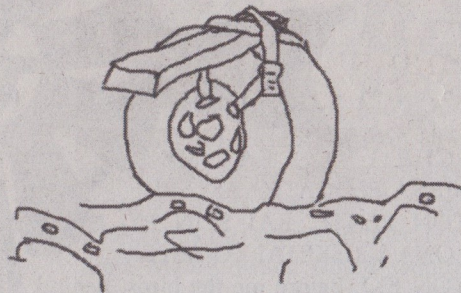
Weed whackers, chainsaws or any other two stroke engines are pretty simple machines. There are less moving parts in them then 4 stroke engines. These are a few tips to get your weed whacker running again.

First easiest thing to try is have your premixed gas oil ready and flush out all the old gas out of the tank (ideally you want to store these over winter with no fuel in them so that the gas does not varnish the carburetor) anyways take the gas out, and put some fresh mixed gas in, probably 40:1

wheel drive vehicles, or rather could work but would be very sketchy you would need to make sure the wheel never turns while engaging forward. In an ideal situation you would have nice soft studded winters for freezing time, then some knobby mud tires for spring so you don't burn out nice winters on semi dry semi warm highway, and then your summer low resistance highway tires, but thats allot of tires and rims to pile around, also to maintain.

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too, if stuck real bad. Just go easy on this setup, it has the potential to fuck up if the ratchet isn't tight enough or you use a rotted 2x4. Front 12 volt bumper winches are handy to have too, you can even get or make a hitch mounted winch you just plug into your hitch receiver when needed then hook up the wires to the battery terminals. When winching or doing anything electrically taxing with vehicles remember keep the vehicle running. Setting up block and tackle too really helps by increasing the pulling power of the winch, usually doubles the capacity every pulley you add.

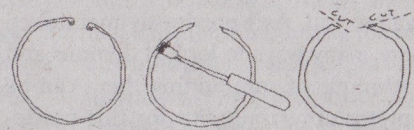
Opening style pulley blocks are handy to set up on trees to change the direction of the

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Old School Alignments:

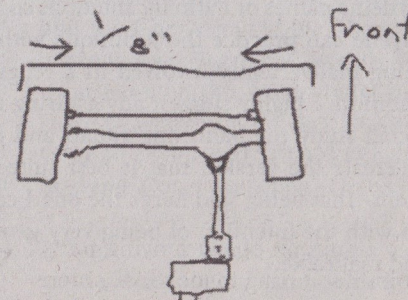
This should only be attempted if you understand tie rods, pitch and camber, not quite going to get fully into detail about all of the front end stuff this issue. The front wheel of vehicles needs to be pitched in about 1/16th of an inch per side, so pitched



in a total of 1/8 thereabouts, this makes the vehicle tack in a straight line down the road. On a heavy vehicle, truck etc, you can get away with having no pitch in all wheels perfectly aligned straight but you may notice slight wandering sometimes on the highway. You would feel the wander even more with a light car. Ideally you want a tow in, and if you're far from a shop that has an

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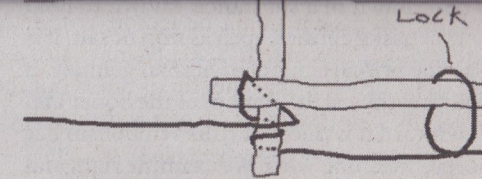
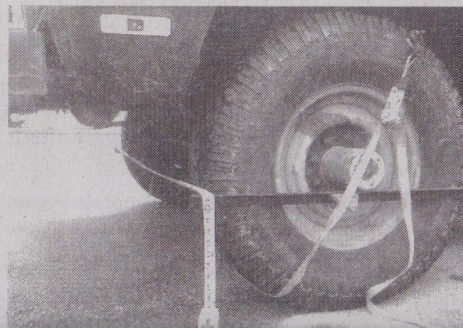
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Flip Flop Winch:

Not taking any credit from this one. This is a winch you can build with some nature and some not nature stuffs. Find some poles some solid trees or thick branches, no seriously rotted wood, about 3-4" diameter, well depending on your load on how heavy whatever it is you need to pull adjust accordingly, 2 will do at about 8-10 ft long



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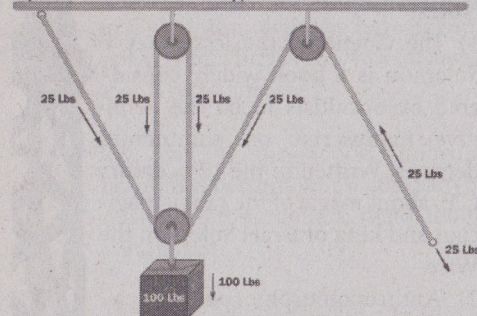
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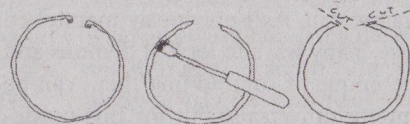
winch line or to get into tricky spots, very handy to carry at least one of them around.

Pulley blocks are very common on sailboats, can make pulling on something that's 100lbs into 25lbs with science.

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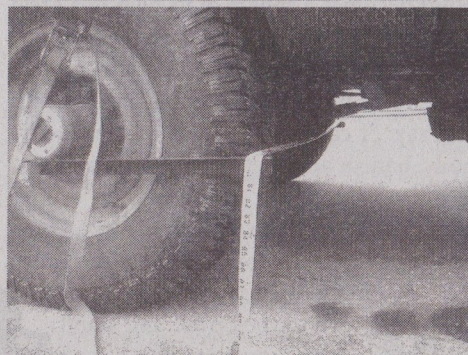
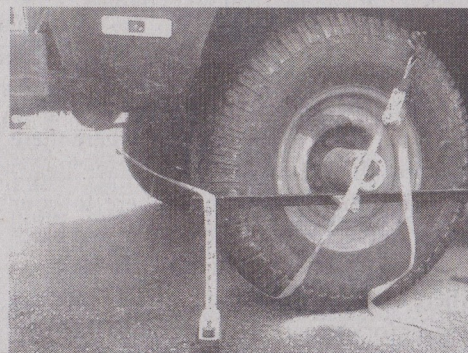
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Loosen up your tie rod ends. I use a piece of bed frame rail ratchet strapped to the outside of the tire, try to get it right in the center of the tire or just below the 4x4 locking up spindle that sticks out on 4x4 trucks. You want the bed frame rail flat on the tire as flush as possible to the tire. Add some dimensional piece of wood to the bed frame rail just where the ratchet strap makes contact with the bed frame rail so that it pushes it all in snug. Use a small level placed on the bed frame rail and lever the rail, do

do this measure your toe in, set it, send it to the shop. When it's done in the shop take it somewhere and measure your toe in to see if they changed it at all or if it was good to begin with but charged you anyways.

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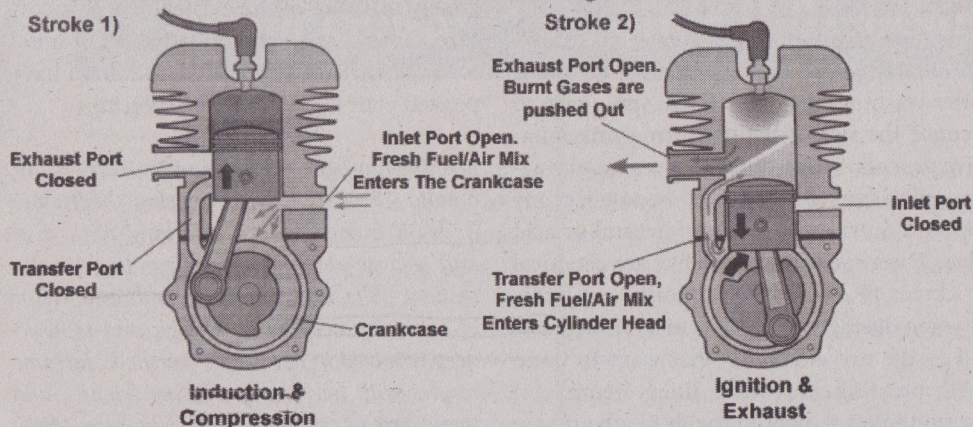
or so. Tie your rope to a tree or something else stable, then attach the other end to the vehicle with some slack in the line. Here is a diagram of the setup.

Repeat and tie a loop of rope around the load line so you can slip the leverage pole through the loop to keep it taught. This is a sketchy bush winch and can be dangerous, it's kind of like being inside of a winch. If something slips a lot of tension will hurl

ratio gas/oil. Now open up the air intake air filter cover, take the air filter out and pour a bit of gas down the carb hole, just a splash. Now try to start it up give it a pull and squeeze the throttle half way. A lot of the time this will start the engine really quick and create lots of vacuum to get things flowing in the carb again. You may need to try this a few times but if it's still not running after 4 or 5 attempts have to look farther into it. If it fires and runs for a bit and dies, that's a good sign, it means fuel a problem. Carb is dirty or rotted fuel lines or clogged fuel filter. Replace the fuel filter, it may be external or in the tank, replace the fuel lines, measure them and find some bulk fuel line. If it's the carb you will need to take apart the carb. Find a clean work space, I find it handy to find a cardboard box 16"x16" or something and cut it down so it has an inch or so lip, take the carb off and work on it on the cardboard. You can take notes on how the carb comes apart or pictures piece by piece. Take it all apart and use carburetor cleaner to clean out the parts and de-varnish stuff in there, using the stem of the carb cleaner spray into the little holes and jets in the carb, having a air compressor with a blower nozzle is great too. There will be tiny screws and parts, just keep track of everything, this is what the cardboard box is for, keeps everything together. Don't use wd40 to clean out a carb or any other penetrating lube, it contains very very tiny magnetic particles in the oil to help the oil stick to stuff and will stay stuck in the carb and cause buildup later on, not a good idea. Carb cleaner doesn't have any of that. You could also use rubbing alcohol or even just dish soap and warm water. Clean out the jets and any passageways as good as possible then put it all back together. Install the carb and give it a shot with new fuel lines, new fuel filter and a cleaned carb. The fuel should flow.

If there is no spark at all then things to look at is the spark plug, spark plug wire, kill

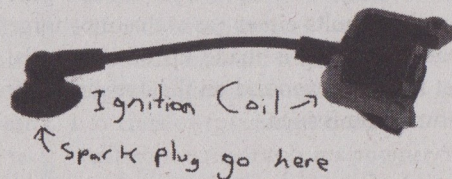
The 2 Stroke Cycle



switch and wires, magneto and pickup. Pull out the spark plug and lay it on top of the spark plug hole so there is contact to ground itself, then pull the pull cord while watching to see sparks. A good spark will make a tick or crackle sound and be a bright arc across the spark plug tip center wire and ground tip. If there is no spark it might be tedious to determine what the problem is. Replacing the spark plug or cleaning the tip is an option, resetting the spark plug tip gap with a \$5 spark plug tool, replacing the spark plug wire then there is the magneto and pickup which generates the power to make spark.

A magnet on the flywheel spins past a pickup which will generate power, it's set up to make many volts not much amps to create a spark to ignite the gas in the cylinder. The older style ignition system is the points system, has a cam that triggers a spark with a little cylinder thing looks like a battery called a condenser. Newer electronic ignition is much easier to work with and wouldn't bother much with points, it will be hard to find parts, expensive to repair and unreliable, points ignition systems need to be replaced much sooner than electronic ignition.

It needs to be .008" or the thickness of a business card. I always use a business card works fine tried and true method, so place a business card on the magnet of the flywheel in between the coil pickup, the magnetic force should pull the pickup snug, now screw back in the pickup, don't go insanely tight you're only screwing into aluminum just tight, now rotate the flywheel and pull out the business card. Another thing to look at is the kill wire, it should be coming from



the ignition coil to a switch then grounded, this is so when you flip the switch it grounds out the ignition coil. Check and make sure the wire isn't severed anywhere that would cause it to rub up against the engine and prevent the engine from running. If all that and it still isn't running, by taking the head off you can see if there is severe piston wear, there could be a broken piston arm, bushing, piston ring, gouged piston wall and any excessive play in any of the moving parts. At that point it's starting to look like a more costly repair and possibly not worth your time. In a pinch if you're into the project you could probably source replacement parts for your motor online cheap order everything

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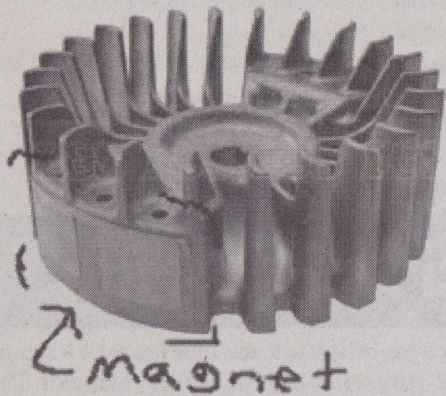
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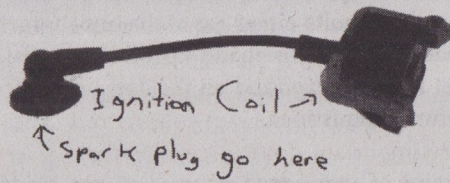


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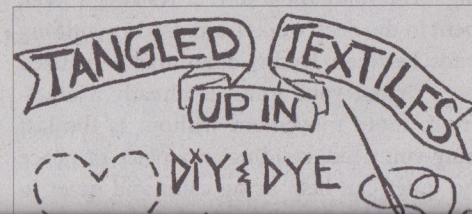
Depending what your budget is or how valuable your whipper snipper or chain saw is might not be worth ordering these parts. The cheapest thing you can do is take off the magneto and clean the rust off the pickup tips, the rust will inhibit the magnetic field to pass through and get converted into electricity, this happens every revolution and is timed to create a spark at the right moment to ignite the gas in the compression stage in the cylinder. after cleaning the rust off the pickup clean the rust off the magneto on the fly wheel if you can't find it use something metal around the flywheel till it sticks onto the magnet, if it vaguely sticks or the magnet doesn't seem strong at all that might be the problem as well, sometimes magnets are replaceable sometimes not and you'll need to find a replacement flywheel



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So you want to be a motorist eh?
Contents

- 01: Summer 2015 ~ What to look for when buying a beater, steering components, engine noises, frame, brakes, diesel engines overview, opinions.
- 02: Fall 2015 ~ Starter, fuel delivery, modified tools, wingnut mechanics, d.i.y battery welder, rusty bolts.
- 03: Winter 2015 ~ Flat tires, 4x4 Front Axle Bearings, Dually winch, Diy microwave transformer welder.



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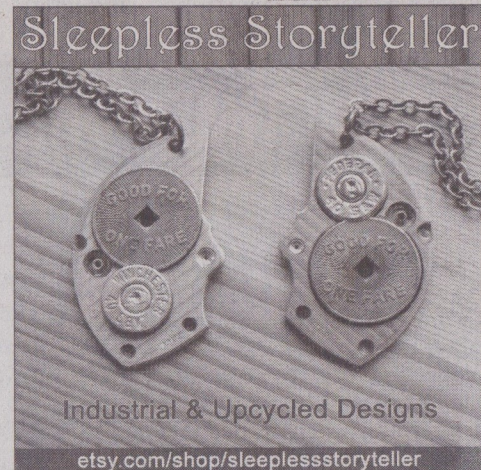
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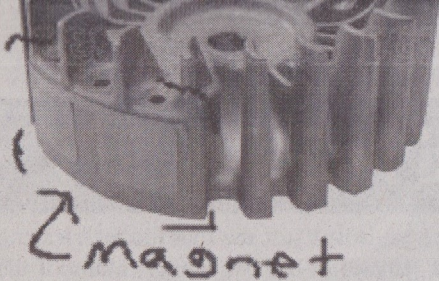


Wool is an amazing fiber for many reasons. It is extremely durable – fabrics made from wool lasts through much more wear and tear than cotton and other fabrics. It wicks moisture and can hold up to 30% its weight in water before feeling wet, therefore wool can keep you warm, even in wet conditions. This fiber is flame retardant - it will only smolder if ignited, will cease to burn when the flame source is removed and will not melt, as synthetic fibers do. Many people think of wool as a cold weather fiber, but wool fabric is quite breathable, and can therefore be suitable for summer garments and blankets. Wool is antimicrobial, which means that it resists mold and bacteria and requires little washing. Many people believe that wool must be dry-cleaned, but this is simply not true. Careful hand washing, without drastically changing the temperature, will prevent felting and shrinkage.

Wool is a rapidly renewable resource. Sheep can be raised and sheared with no harm to the animal (but if you are a mutton eater, you may choose to butcher your animals). Wool is biodegradable - when fabrics have passed



of goats), angora (rabbit), alpaca, and hair (llama, dog, yak, human, etc). Notable breeds of sheep, among shepherds and spinners that I know, include Wensleydale, Polypay, Lincoln Long Wool, Shetland, Scottish Blackface, and Cotswold. Every type of wool holds its own unique properties – the most popular type being merino due to its softness. There is, however, some controversy around merino farming. These sheep are born with naturally wrinkly skin, but large producers have been known to slice the



Depending what your budget is or how valuable your whipper snipper or chain saw is might not be worth ordering these parts. The cheapest thing you can do is take off the magneto and clean the rust off the pickup tips, the rust will inhibit the magnetic field to pass through and get converted into electricity, this happens every revolution and is timed to create a spark at the right moment to ignite the gas in the compression stage in the cylinder. after cleaning the rust off the pickup clean the rust off the magneto on the fly wheel if you can't find it use something metal around the flywheel till it sticks onto the magnet, if it vaguely sticks or the magnet doesn't seem strong at all that might be the problem as well, sometimes magnets are replaceable sometimes not and you'll need to find a replacement flywheel. Many times similar brand motors with the same displacement will have the exact same size flywheel and magneto and components, best to find a parts 2 stroke to salvage stuff off of. The magneto coil can be dead too to test that use a voltmeter set to ohms put one probe into the spark plug wire end and the other onto the metal of the coil pickup aka ground. There should be resistance, 4.5 or something it will vary but if it reads 0 or infinity there is no resistance and either the wire is burned out on the coil the coil is burnt out or both. If you're really crafty you could solder another spark plug wire onto the coil to see if it fixed it if not, need a new coil.

Once diagnosis is complete and everything is to be put back together you will need to set the gap on the coil pickup to the magneto.

you can motor online cheap order everything magnetos, pickups, plugs, fuel line, all the consumable petty cheap, or just keep collecting similar motors for parts. Trial and error is a great way to learn how old engines work.

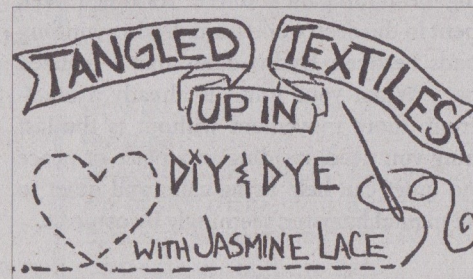
So you want to be a motorist eh?

Contents

01: Summer 2015 ~ What to look for when buying a beater, steering components, engine noises, frame, brakes, diesel engines overview, opinions.

02: Fall 2015 ~ Starter, fuel delivery, modified tools, wingnut mechanics, d.i.y battery welder, rusty bolts.

03: Winter 2015 ~ Flat tires, 4x4 Front Axle Bearings, Dually winch, Diy microwave transformer welder.

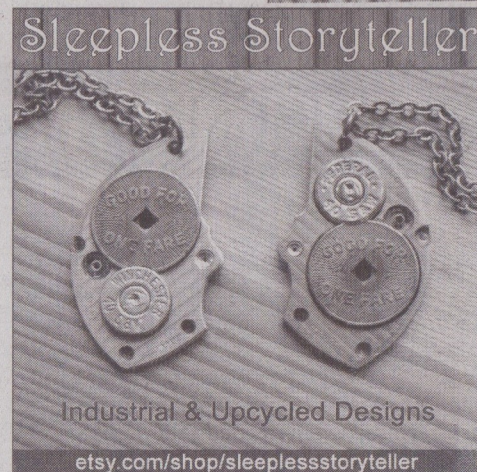


The world of wool is expansive - there are several steps in the process from "sheep to shawl" as they say. Each stage contains an industry and culture all its own; someone may be involved at one level, or be fascinated and dabble in many aspects of wool production. Alternatively, a person could be completely disconnected from the source of the fabrics around them - much the way that people were (and still are) unaware of the source of their food before the local foods movement. Most people pay little mind to the fact that there is usually some manner of textile in contact with our bodies. I am passionate about the source of fabrics, which is why I chose to focus on wool for my first submission to The Grind.

Wool is an amazing fiber for many reasons. It is extremely durable - fabrics made from wool lasts through much more wear and tear than cotton and other fabrics. It wicks moisture and can hold up to 30% its weight in water before feeling wet, therefore wool can keep you warm, even in wet conditions. This fiber is flame retardant - it will only smolder if ignited, will cease to burn when the flame source is removed and will not melt, as synthetic fibers do. Many people think of wool as a cold weather fiber, but wool fabric is quite breathable, and can therefore be suitable for summer garments and blankets. Wool is antimicrobial, which means that it resists mold and bacteria and requires little washing. Many people believe that wool must be dry-cleaned, but this is simply not true. Careful hand washing, without drastically changing the temperature, will prevent felting and shrinkage.

Wool is a rapidly renewable resource. Sheep can be raised and sheared with no harm to the animal (but if you are a mutton eater, you may choose to butcher your animals). Wool is biodegradable - when fabrics have passed their useful life, they can be thrown on the compost pile. Wool can be spun into yarn for garments, rugs, and all sorts of fabrics. It can be felted to create the walls of a yurt, clothing, or artwork - and it can be easily dyed using natural dyes. The microscopic structure of a wool fiber reveals scales on the surface - it is when these lock together that felting occurs, in fact, a wool textile will felt somewhat for the duration of its lifetime. It is due to these scales that many people associate wool fabrics with itchiness, but all wools are not of the same abrasion. There are hundreds (if not thousands) of breeds of sheep and types of wool.

Sheep are the only animals that grow wool. Other animal fibers include mohair (from angora goats), cashmere (from a few types



of goats), angora (rabbit), alpaca, and hair (llama, dog, yak, human, etc). Notable breeds of sheep, among shepherds and spinners that I know, include Wensleydale, Polypay, Lincoln Long Wool, Shetland, Scottish Blackface, and Cotswold. Every type of wool holds its own unique properties - the most popular type being merino due to its softness. There is, however, some controversy around merino farming. These sheep are born with naturally wrinkly skin, but large producers have been known to slice the wrinkles off merino lambs (called mulesing) to prevent parasites and for ease of shearing throughout the animals' lives. To avoid producers that use these practices, look for cruelty-free approval from VT Organic Fiber, NewMerino, or DeFeet, or reference The Merino Co. (TMC) of Australia.

While we only keep goats at our homestead, I know many shepherds of happy sheep. With my limited knowledge of animal husbandry, I feel comfortable stating that raising sheep is no more difficult than keeping any other livestock animal. A spacious pasture provides roaming space and food. Even better is efficient pasture rotation to

keep animals fed three seasons of the year, as opposed to buying hay. Like any creature, sheep require water and shelter, and the provision of a quality mineral supplement will prevent various problems from nutrient deficiency. They must also have their hooves trimmed 2-3 times per year. Most domestic sheep should be sheared **at least** once a year. Some breeds, specifically wild sheep and those bred for meat, will shed their wool in the spring.

Every step of the wool process is laborious and as wool is a quickly renewable resource, some farmers will have several seasons' worth of shearing piled up in their barn – unwashed. Shearing must be done by hand, and can be accomplished using electric or manual shears. If one has a large flock, it may be worth it to hire a professional, but this task can by all means be accomplished by an informed novice. It is a physically involved task, and can be made easier with the aid of an assistant or milking stanchion. This process can be done with minimal stress to the animal, especially if the shearer remains calm, is quick and provides treats. A more experienced animal will usually be quite relaxed during the whole process. The most important thing to make sure of is not to nick the animal's skin with the shears.

Once the fleece has been sheared, it should be skirted. This is the process of removing any parts of the fleece that are soiled or poopy, especially the underbelly and rear portions (now the outer edges). Also try to remove any large bits of vegetable matter (VM: hay, twigs, etc). A nice fleece will have minimal VM, some farmers even put coats on their sheep to keep it off of the wool. After skirting is completed, a fleece can be bagged and stored, sold, or washed.

The object of washing wool is to remove as much dirt, poop, and lanolin as possible. It can be washed with nearly any mild detergent (pH neutral is best) and any tempera-

drastically change the water temperature and keep agitation of the fibers to a minimum – this will help to reduce felting action. There is a fermentation method that can be used to clean wool. This involves a special reaction between the lanolin naturally present in wool and collected rain water. I attempted a fermentation bath with mohair once, but learned the hard way that it can only be done with wool – due to the necessity of lanolin. For drying wet fleece, a framed-in screen on legs is ideal to maximize water drainage and airflow.

Usually, the next step in the process is to card the wool. This is the act of combing the fibers to align them into one direction. There are a few methods for carding wool, from hand-teasing it to combing with carding paddles or utilizing a drum carder. A drum carder can be hand-cranked or motorized, it can fit on a tabletop or industrial models can be as large as several feet wide. Carded wool comes in many forms such as roving, batts, sliver, and rolags, depending on the process used to produce it. From here, the wool is ready for felting or spinning.

However, the wool process is not strictly linear – steps may be skipped or postponed depending on a fiber artist's preference. A well-kept fleece may be carded and spun “in the grease” (that is, without washing). Clean fleece locks may be felted or woven as weft. They can also be “lock-spun,” which is only slightly teasing the locks while spinning, instead of pre-carding. Wool roving can be braided for dog toys or coiled into rugs.

The drop spindle is the oldest, simplest, and cheapest tool for spinning. Viking women used to drop spindle throughout the tasks of their days, keeping a pocket full of wool that may have been carded using the prickly flower heads of fuller's teasel. One can otherwise use a spinning wheel or have their yarn machine spun. Of these yarn making tools, there are many variations. Yarn can

kets to sweaters, to old timey swimwear, to rugs.

Wool may be dyed at any stage of processing after washing. I prefer to dye spun yarn to reduce the risk of felting during this agitative process. Many different dyes may be acquired to dye wool, but I choose to reject any options outside the realm of natural or acid dye. Dyes like Ritt and the like are chemical cocktails that can dye practically any fabric – when dyeing wool with these, for instance, all of the dye chemicals that want to bond with plant fibers (cotton, linen, hemp, etc) or synthetics remain in the dye bath and are washed down the drain or whathaveyou. Chemical dyes from the textile industry are one of the largest pollutants on our planet, even if they do give very satisfying color. When using acid dye (which is also chemical), it is activated by adding vinegar or citric acid (this is why it is called acid dye), and nearly all of the dye molecules are sucked up into the wool (or other protein fiber), so very little of the dye chemicals are added to the water cycle. Natural dyes are not without their faults either (as we cannot forget that everything is made up of chemicals), but I plan to expound on the dye process in future submissions.

Skeins of yarn, dyed or undyed, are ready for the masses. Before knitting, crocheting, or winding yarn onto a weaving shuttle, it should be balled by hand or using a ball winder, an umbrella swift is a tool that can assist this process. A good ball winder will produce a lovely center-pull ball of yarn – with some patience, center-pull balls can also be created by hand. Usually the loose end of a hand-wound ball will come from the outside and can be quite amusing when paired with cats or small children (though difficult to untangle), but this can be avoided with the aid of a yarn bowl or basket.

As you can see, there is more to a wool textile than meets the eye – it has passed through

every step – alternatively, one could be completely unaware of the existence of this culture. Wool has been an infatuation of mine for several years now and I hope that I have peaked your curiosity in the subject!

Jasmine has been “Tangled up in Textiles” for a solid 15 years – from altering thrift store finds in high school, to working as a dyer and weaver at the Cross Village Rug Works, to now. She is currently the sole proprietor of Jasmine Lace Textile Design and is neck-deep involved in her local Fibershed. Jasmine resides with her family, visiting friends, and menagerie of critters in BFE, Northern Michigan, right next door to where she grew up. You can follow her textile-capades at JasmineLace.carbonmade.com or take a glimpse into her life at BobbinGoblin.tumblr.com.

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As you can see, there is more to a wool textile than meets the eye – it has passed through many hands to come to yours. Each link in the chain can be a person's specialty or you could be (and may inevitably be) involved in

SOMETIMES THE ROAD TO RECOVERY IS LINED WITH FIELDS AND FORESTS

By Aura Laforest

I've written this article in my head dozens of times without ever being able to commit a word of it to paper. Since this is an article rather than a novel, the Cole's Notes version of the story is that an adolescence of eating disorders, social awkwardness, bad drugs and worse decisions left me a young adult in the emergency room certain I was pregnant. At that point, I'd also managed to hurt, estrange or insult pretty much everyone in the world that I cared for, or who was still trying to care for me.

Turns out that the hospital staff confirmed the only thing I was pregnant with was delusion. An overnight stay in psychiatry along with a couple of Ativan later, they sent me

BPD, and I am one of those, it's still a strongly stigmatized illness. Hell, let's be honest, so is pretty much all mental illness, even in our so-called enlightened era.

In the eloquent words of a therapist I met at an herbal conference many years later, "our society is ill equipped to address the needs of those who walk in both worlds. Those who are normal in a different way." And because they never get you off the meds and clean you out to see what a baseline normal might look like – they push more pills, cocktailing and combining until behavior is normalized into a functional simile of a citizen – because that keeps the pharmaceutical economy rolling.

Although, truth be told, if you're living in the city that policy may not be so stupid. One

In light of that, drugs of the prescription variety can act as a Kickstarter campaign to a better headspace if there isn't an overly painful game of musical meds as a result instead. Hopefully the intervention leads to baby steps down the yellow brick road to sanity rather than back down the rabbit hole to Wonderland – but it's a gamble at best.

Yet what I'm getting at here is not that psychiatric medication is either good or bad: it's that living in a seething mass of millions of people is enough to drive certain sane people mad, bringing out the worst of them and letting it run rampant and free. It's after a week spent in the deep woods and driving winding roads between Hydro dams that I realized that. When your mind is already a maelstrom, more movement without is the last

see that it isn't just me that did well leaving the rat race of big city living. Many of the people I knew that struggled to stay sane between walls of concrete and tunnels of steel have found their health, happiness and unique balance by moving to wider expanses be they rural, northern, seaside, jungle, desert or a combination thereof. But all of them have in common a small amount of people and a more natural setting combined with a slower-paced lifestyle.

Living in farmland introduced me to activities like gardening, herb collection and hiking. Those connected me to something outside the self, far bigger than a narrow and limiting self. Those activities water the seed within and remind me that real life isn't isolated nor self-centered, but Nature itself. Real

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Turns out that the hospital staff confirmed the only thing I was pregnant with was delusion. An overnight stay in psychiatry along with a couple of Ativan later, they sent me home with a prescription to add to my existing one and an appointment for evaluation of my maddened mind. That turned into more pills, different pills, more appointments, different evaluations.

The verdict of the assessments came back with a combination of ugly labels that I no longer want defining me. But because it's easier to relate to a story when we pigeon-hole the writer into a box we can or cannot identify with, they branded me as having type II bipolar disorder (which I consider to be medication and/or drug-induced mania) and borderline personality disorder.

I guess that last one is why the article stayed in my head for so long. Even if you're one of the 5% who do make a full recovery from

BPD, and I am one of those, it's still a strongly stigmatized illness. Hell, let's be honest, so is pretty much all mental illness, even in our so-called enlightened era.

In the eloquent words of a therapist I met at an herbal conference many years later, "our society is ill equipped to address the needs of those who walk in both worlds. Those who are normal in a different way." And because they never get you off the meds and clean you out to see what a baseline normal might look like – they push more pills, cocktailing and combining until behavior is normalized into a functional simile of a citizen – because that keeps the pharmaceutical economy rolling.

Although, truth be told, if you're living in the city that policy may not be so stupid. One of the functions of the meds is to reset your circadian rhythms, establishing a body clock routine that I've come to respect as a foundation of good mental and physical health. In street talk, that means giving you uppers with your coffee in the morning and downers to make sure you sleep at night. And when the place you live is an incessant buzz of sound and light and all things stimulating – you might just need that kind of chemistry to set things right, or at least get you started in the right direction.

Another reason meds do make some sense is that in the throes of a massive mental breakdown, you're not usually able or willing to make the kind of radical lifestyle changes required for dramatic improvement. Particularly when you can't even remember to leave the house with all your clothes on (yes, for real).

In light of that, drugs of the prescription variety can act as a Kickstarter campaign to a better headspace if there isn't an overly painful game of musical meds as a result instead. Hopefully the intervention leads to baby steps down the yellow brick road to sanity rather than back down the rabbit hole to Wonderland – but it's a gamble at best.

Yet what I'm getting at here is not that psychiatric medication is either good or bad: it's that living in a seething mass of millions of people is enough to drive certain sane people mad, bringing out the worst of them and letting it run rampant and free. It's after a week spent in the deep woods and driving winding roads between Hydro dams that I realized that. When your mind is already a maelstrom, more movement without is the last thing you need; residing in a place of peace and quiet can help bring calm and quiet to the mental hamster, seemingly by osmosis.

Upon returning to the city after that trip, every pore of my body screamed to be back with the birds and smelling like campfire smoke and sweat. I'd love to say it was an "angels-blowing-their-horns" epiphany moment but it wasn't. I don't even think it was a turning point in my recovery. It was a deep undeniable knowing though, and it was clearly a matter of time before I would leave the city for good. In fact, it wasn't long before that knowing led me to a job at a remote Arctic mining colony and to a home in a small rural township.

Leaving Montreal would be the first of many steps along a road less travelled to a life I truly love, am grateful for, and at peace with (most days). And looking back now, I can

see that it isn't just me that did well leaving the rat race of big city living. Many of the people I knew that struggled to stay sane between walls of concrete and tunnels of steel have found their health, happiness and unique balance by moving to wider expanses be they rural, northern, seaside, jungle, desert or a combination thereof. But all of them have in common a small amount of people and a more natural setting combined with a slower-paced lifestyle.

Living in farmland introduced me to activities like gardening, herb collection and hiking. Those connected me to something outside the self, far bigger than a narrow and limiting self. Those activities water the seed within and remind me that real life isn't isolated nor self-centered, but Nature itself. Real life is having my hands in the earth, pulling weeds in a garden that gives of its very body without an agenda, which nurtures my body and mind by virtue of its simple existence. It puts things in perspective, makes my own little drama seem less significant, almost laughable – part of a big cosmic joke. It reminds me that my mental distress, in order to maintain itself, requires being fueled with devoted time and attention which I'd rather put into the vegetable patch.

The rural nowhere made me realize that the road to recovery came from the inside out rather than from white walls and clinical lighting, rather than off a therapist's office or a psych ward. For me recovery was a road lined with the fields and forests and Arctic wastelands and it blossomed in those environments from what was always there within.

THE BIRTH OF ODIN MAGNUS

by Jenn-Ra

Hello fellow rural punks its good to be back. Some of y'all may have noticed I was absent from last season's issue. Well there is a very good reason for that, I had just brought my son into the world. Now usually giving birth shouldn't keep one from writing, but in my case it was anything but usual. I'm getting ahead of myself, so let's start at the beginning.

Last February my husband and I decided to start trying to have a baby. I tracked my cycle and made every attempt to make my window of ovulation count. While staring at the April calendar I started to laugh. "Hey babe, I'm ovulating during the Blood Moon before Easter. We've got to try for sure. We can say things later like "he was conceived upon the Blood Moon just as the prophecy foretold," I declared to my husband in my best evil voice.

The husbands response didn't disappoint, "If we do this he's going to be the most metal baby ever."

The most metal baby ever. Be careful what you wish for. As you can probably guess, our attempt was successful and a month later my hopes were confirmed when the strip turned blue. I went to the doctor and a blood test and internal ultra sound confirmed what I had hoped: I was pregnant. All that showed up on the ultra sound was a tiny dot with and electrical pulse. The heart had just developed and I was listening to and viewing the spark of life inside me.

The first trimester wasn't bad. My back hurt and I had some nausea. I kept crackers and ginger ale on me. I started working at the big fancy liquor store in Lexington, which is the next town over from me. Now a liquor store might seem like an odd place for

that I had lost my mama hen. I watched the babies huddle together, relieved that they had survived. She had died defending her babies. I felt a connection to my warrior mama hen. I sat down on a log and cried over that damn chicken.

My monthly doctor's appointments were going well. My five month ultra sound revealed that I was having a boy. My husband and I decided on a name while perusing the birth announcement photos on the wall of my doctor's exam room. After we recited Carlin's "Tyler, Tucker, and Todd" joke we both agreed that a boy conceived on the Blood Moon needed an equally brutal name. My husband had always joked that if we had a son he wanted him to have a "World's Strongest Man's" name like Magnus ver Magnusson. I always protested because "ver" is not a middle name. Its a preposition. So when I suggested Odin Magnus his response was "are you serious?" When I announced my response in the affirmative he rejoiced.

My ultrasound also showed a slight abnormality that just a few years ago would be no cause for alarm, but now was something that needed to be followed up. As I approached my seventh month I could feel a change. I had a feeling that the third trimester was not going to be fun. My morning sickness had returned, complete with heartburn, my back started aching, and I was tired all the time. A great feeling of dread filled me a few days before my ultra sound. My worry was justified when the doc informed me that my baby was small. Another ultra sound was scheduled for two weeks later. I received more bad news at this appointment: my baby hadn't grown at all since the last ultra sound. This news devastated me. The doctor suggested I had occult preeclamsia due to the fact that I had high protein levels in my urine, but no high blood pressure. He or-

to me one of the possible side effects of a magnesium drip is hallucinations. Soon I saw flies buzzing around the room and spiders crawling on the walls. The circulation cuffs on my legs felt like I had invisible cats rubbing against me. When they inflated, it sounded like purring and every once in a while I would try to pet one. My doctor came in and explained I had preeclamsia. Something was wrong with my placenta and it was causing my blood pressure to rise, as well as problems in my liver and kidneys. This in turn kept my body from nourishing the baby, which was why he wasn't growing. It only happens in 1 out of 7 pregnancies and the cause is unknown, though factors like age (as in my case) play a factor. The only cure was to give birth.

The doc kept me on the drip for 48 hours slowly increasing the dose. At 2mg I felt like a was being crushed, I couldn't stand and I could barely sit up. I felt like a puddle. I almost cried when he told me that I would have to stay on it for 24 hours after my c-section. I begged the doc to take me off. He told me he couldn't but he could back down the dosage. I started to feel somewhat less puddle like. I barely slept during this time and when I did surreal images flooded my dreams.

One dream in particular helped me. In the dream I was in a beautiful medieval style world. I had to crawl up a mountain side. On the path of the mountain there were the dead and dying. At the top of the mountain there were gardens and bio mechanical zodiac trees. Large exotic chickens took flight around me. I walked into a large building and inside I found babies inside primitive, glass incubators. A woman walked up to me and put her arms around me and whispered, "not all babies are born, some have to be hatched."

After three days it was time for me to meet my little man. It was a bittersweet moment. I had read birth stories about different types

me feel better afterward. A screen was put in front of me so I didn't have to watch myself be eviscerated. I could hear my body being cut open and something be torn from me. I was jostled around violently as the doctors worked to take out my baby. I heard my little one cry and felt a rush of euphoria. My baby was crying and at that moment it meant that he was going to be Ok. The doctors brought him over to me and said "here kiss your baby, we've got to take him to get checked out." As I kissed and stared at my baby, I heard my OBGYN say "Oh Shit! We're going to need suction," and then I heard my blood spurt and hit the floor. For a moment I worried I was going to bleed out but I knew my baby was alive and that everything was going to be fine.

I couldn't see my little Odin for two days. The doctor was worried that even good stress would spike my BP too high. I was told that Odin was small, just 2lbs 5oz but he was healthy and breathing on his own. I was bruised all over my abdomen. The nurses told me they had never seen that level of bruising before. My platelet levels were down from the preeclamsia and from hemorrhaging. When I was finally able to see my lil man I could hardly contain myself. Just like in my dream, he laid in his little glass egg. The nurse handed him to me for skin to skin while he was tube fed. Holding my son was the greatest feeling in my life. He was so small I was afraid I was going to break him. Later that night the doctor ordered a blood transfusion for my low platelet level. I made jokes with the doc about becoming an official Dracula. Two days later I was ready to go home, but Odin would have to stay. Leaving my baby behind was hard, but I knew the nurses and doctors could take better care of him than I could. Every day I made the trip to visit my little man. I would spend just over an hour a day with him, cuddling during his feeding. After a month Odin's pediatrician told us it was time for him to go home. They had done everything they could for him and babies grow faster at home. My

upon the Blood Moon just as the prophecy foretold," I declared to my husband in my best evil voice.

The husband's response didn't disappoint, "If we do this he's going to be the most metal baby ever."

The most metal baby ever. Be careful what you wish for. As you can probably guess, our attempt was successful and a month later my hopes were confirmed when the strip turned blue. I went to the doctor and a blood test and internal ultrasound confirmed what I had hoped: I was pregnant. All that showed up on the ultrasound was a tiny dot with an electrical pulse. The heart had just developed and I was listening to and viewing the spark of life inside me.

The first trimester wasn't bad. My back hurt and I had some nausea. I kept crackers and ginger ale on me. I started working at the big fancy liquor store in Lexington, which is the next town over from me. Now a liquor store might seem like an odd place for a pregnant lady to work, but this place had a good selection of non-alcoholic beer and wine, plus a grocery section. Food samples while working, free loaves of bread from a local bakery, and discounted cheese and other assorted goodies were the perks of the job.

The second trimester arrived and I felt awesome. I felt better both mentally and physically than I had ever felt in my life. I was working full time and doing all my farm chores. If you read my harvest article you know that last summer sucked for my garden, but I still kept at it. The few peppers and tomatoes I harvested were a small victory in my mind.

One of my hens became broody and gave birth to 3 baby chicks, two hens and a rooster. I bonded with my mama hen. We also added rabbits to our homestead, soon they too were giving birth. One of the buns failed to build a nest and her litter was lost. This broke my heart. Predators started picking off my chickens. Traps were set and a few

would not be a middle name. Its a preposition. So when I suggested Odin Magnus his response was "are you serious?" When I announced my response in the affirmative he rejoiced.

My ultrasound also showed a slight abnormality that just a few years ago would be no cause for alarm, but now was something that needed to be followed up. As I approached my seventh month I could feel a change. I had a feeling that the third trimester was not going to be fun. My morning sickness had returned, complete with heartburn, my back started aching, and I was tired all the time. A great feeling of dread filled me a few days before my ultrasound. My worry was justified when the doc informed me that my baby was small. Another ultrasound was scheduled for two weeks later. I received more bad news at this appointment: my baby hadn't grown at all since the last ultrasound. This news devastated me. The doctor suggested I had occult preeclampsia due to the fact that I had high protein levels in my urine, but no high blood pressure. He ordered blood tests and an appointment with a high risk specialist.

I was told not to stress but I did anyway. I felt like a failure and feared for my baby. Two days before my doctor's appointment I got a headache I couldn't get rid of. I felt lousy enough to call off work. At my appointment with the high risk specialist I was taken into a comfortable quiet room and asked a number of questions about my general health and home life and provided positive answers aside from what I thought were the normal aches and pains of the third trimester. The nurse took my blood pressure and the machine made a melodic tone like I had just leveled up in a video game. "Ooh sounds like I won," I told the nurse.

"Yeah, you won something," she replied.

"So, what is my blood pressure?" I asked.

Her answer aroused some concern when she only answered "high."

I met with the specialist for my ultrasound afterward, he told me that the baby had grown some but he was breech. I saw

would have to stay on it for 24 hours after my c-section. I begged the doc to take me off. He told me he couldn't but he could back down the dosage. I started to feel somewhat less puddle like. I barely slept during this time and when I did surreal images flooded my dreams.

One dream in particular helped me. In the dream I was in a beautiful medieval style world. I had to crawl up a mountain side. On the path of the mountain there were the dead and dying. At the top of the mountain there were gardens and bio mechanical zodiac trees. Large exotic chickens took flight around me. I walked into a large building and inside I found babies inside primitive, glass incubators. A woman walked up to me and put her arms around me and whispered, "not all babies are born, some have to be hatched."

After three days it was time for me to meet my little man. It was a bittersweet moment. I had read birth stories about different types of natural child birth and I was disappointed that my birth was going to be anything but. C-sections are fucking horrifying. You're brought into an ultra bright room. Then you're given a spinal block. As soon as your numb from the chest down, it is time to begin. They let my husband come in with me and he held my hand while I was laid down. I have never been more scared in my whole life. When I shared my fear with the anesthesiologist, he informed that that if I got through this he would give me all the drugs to make

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Odin was born 4 months ago (at the time of writing this in March) . He is now 11lbs 6 oz and has met most developmental milestones for his age. I'm so happy my little man is doing as well as he is. I wait to continue having adventures with him.

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3 DESIGNS TO CHOOSE FROM



quor store might seem like an odd place for a pregnant lady to work, but this place had a good selection of non -alcoholic beer and wine, plus a grocery section. Food samples while working, free loaves of bread from a local bakery, and discounted cheese and other assorted goodies were the perks of the job.

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One of my hens became broody and gave birth to 3 baby chicks, two hens and a rooster. I bonded with my mama hen. We also added rabbits to our homestead, soon they too were giving birth. One of the buns failed to build a nest and her litter was lost. This broke my heart. Predators started picking off my chickens. Traps were set and a few raccoons were caught and dealt with. I harvested their bones for future crafting projects.

After a few months on one of days off from work I decided that the baby chicks were big enough to experience the outside world. I let mama and her babies out of their pen and watched them explore. I marveled at what a good mother she was. I went inside to shower and just before I returned out I heard my chickens shrieking in panic. It didn't matter that I was 6 months pregnant at this moment, something was fucking with my chickens. I saw a pile of feathers on the cusp of the woods. I followed the trail of feathers and found my chicken; the predator that took her was nowhere in sight. She looked up at me let out a few labored breaths and died. I picked her up and walked out of the woods. I surveyed my flock and realized

mine, but no high blood pressure. He ordered blood tests and an appointment with a high risk specialist.

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Her answer aroused some concern when she only answered "high."

I met with the specialist for my ultrasound afterward, he told me that the baby had grown some but he was breech. I saw no problem with this since I still had two months for him to turn himself around. Then the doctor informed me that my blood pressure was 207/ 153 and I needed to be admitted to the hospital for treatment.

At the hospital the nurse started working on getting my blood pressure down. Various meds were given and an IV of magnesium sulfate was administered. Magnesium sulfate is more commonly know as Epsom salts, the same stuff you add the the bath to ease aches and pains and add to the garden to improve tomatoes. In my case it was used to relax smooth muscle tissue and help prevent Eclamsia (high BP induced seizures.) The Mag made my skin flush and felt like being in a hot bath tub. After a few hours my husband asked how I was feeling the only response I could give was "I feel like the drugs are about to kick in." Unbeknownst

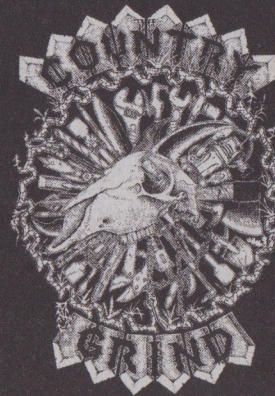
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HOW TO LAY A HARDWOOD FLOOR

By Matt

All right, hello everyone! I'm Matt and I'm going to be giving you a crash course on how to lay your hardwood floor. This will cover from the planning stage, to tearing up your old floor to putting the finishing touches to your new one.

Myself, I did a two-year carpentry program counting as 2000 of my hours towards a carpentry red seal, and spent one of my work terms specifically working with floorers.

So, now that that's out of the way we're going to figure out how much hardwood you're going to need for the space that you're flooring. For simplicity's sake this time we're just going to go with a basic 12'x10' room. So, the first thing we're going to do is find the area of this room. We know that area is width x length, so 12' x 10' equals 120sq'.

Great, so now that we know how much floor we need to cover, we need to find out how many boxes of flooring we need. Now, the type of hardwood that I've chosen contains 19sq' of wood a box. So, to find out the number of boxes that we need to purchase we take our area (120sq') and divide it by the amount of wood per box (19sq'). So, $120\text{sq}'/19\text{sq}' = 6.3158$.

Now, obviously you cannot buy .3158 of a box, so you end up needing 7 boxes to cover the area. Now, here's an extra little piece of advice, if you've only done hardwood once or twice, or if you're doing an odd shaped room or hallway it's a good idea to add an extra 20% on to your total needed. We do this just in case you fuck up some pieces by mistake, or you need to practice on a few, etc. Whatever the reason, it's never a bad

have some spare pieces in case part of the floor needs to be taken up for repairs later on.

Now that planning and purchasing is done we're going to get to step two, taking the trim off of the wall. To do this you're going to use a small 16oz hammer and a small cats paw. There are multiple types of cats paws. Now, before you get to work I am going to emphasize, always wear proper protective equipment, be it safety goggles, gloves, hearing protection, steel toed shoes, whatever is appropriate for the job. What you are going to do now is locate where exactly the trim is nailed to the wall. Most of the time there won't be too many in there but they may be tricky to find depending on the skill of the carpenter who put it on. Now that you've found the nails you're going to take your cats paw and wiggle the flat end into the space between the trim and the wall. Now, there are two things that could cock this up. One, it's super tight against the wall. In the case, angle it so that it's pointing down behind the trim, and give it a gentle whack with your hammer to drive it in. I say gentle because you do not want to break either the dry wall or your trim (if necessary, you can put a piece of scrap wood between the wall and tool to prevent denting the wall). The second possibility is that from over the years of the room being painted paint may have ran down and covered the crack between the wall and trim. In this case, you are going to take your exacto knife, cut down through this layer of paint and run it all the way down the length of the trim, clearing your way in. Now that you have your cats paw behind the trim you're simply going to start to pry it off of the wall. Again, you are doing this gently, because you don't want to push a hole through the drywall. You will go from

either then use your hammer and pound the nails from behind out the holes they were put in, or, if the nail holes were covered simply use a pair of pliers to pull them out from the back/snap them off and leave the head in the board. Note, some trim has quarter round at the bottom (basically just trim for your trim), if this is the case in your home, I suggest just following the same instructions I just gave you to take the quarter round off of the trim before you remove the trim from the wall.

Up next is to take up the old floor. No matter what, this is almost always the shittiest part of the whole job. If you're taking up old hardwood, I suggest using a "Red Ripper". It's a tool mainly used to strip shingles off of roofs, but it also works very well for prying up old hardwood. Once this is done, chances are that it's going to leave some hardwood staples/nails behind in the floor. SO, you're going to have to go around on your hands and knees with your cats paw or a pair of pliers and pull up every single nail that was left. Vinyl and carpet come off in very similar ways, you'll use an exacto knife to cut it into strips and just pull it up. With the vinyl, chances are that it is going to break into pieces as it comes up, which is a pain in the ass, so don't worry about it. Once you have it up, you'll need to deal with the glue that was holding it down. Using a metal floor scraper, you're going to scrape ALL of the glue off of the floor so that you are working with a flat and level surface when you start putting down the new floor. When you're taking up car-

any carpet staples that were left behind.

If it's ceramic tile though, that's going to be your biggest pain. Now, assuming that the tile was laid on a mortar bed, while wearing proper PPE (glasses, boots, gloves), you're going to take a cold chisel and a sledgehammer and simply get to it, breaking the floor apart. If the tile has been laid directly onto a plywood underlay, or on a cement backer board this is the tricky part. You are going to have to smash out a line of tiles going vertically through your floor and another one going horizontally across the floor, with the two lines intersecting somewhere around the middle. Now, once all the rubble is cleared away you are going to take either a skill saw set to the depth of the underlay, or a recip saw and cut down through the underlay, but not into the subfloor. Extend that cut

Fig. 3



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equipment, be it safety goggles, gloves, hearing protection, steel toed shoes, whatever is appropriate for the job. What you are going to do now is locate where exactly the trim is nailed to the wall. Most of the time there won't be too many in there but they may be tricky to find depending on the skill of the carpenter who put it on. Now that you've found the nails you're going to take your cats paw and wiggle the flat end into the space between the trim and the wall. Now, there are two things that could cock this up. One, it's super tight against the wall. In the case, angle it so that it's pointing down behind the trim, and give it a gentle whack with your hammer to drive it in. I say gentle because you do not want to break either the dry wall or your trim (if necessary, you can put a piece of scrap wood between the wall and tool to prevent denting the wall). The second possibility is that from over the years of the room being painted paint may have ran down and covered the crack between the wall and trim. In this case, you are going to take your exacto knife, cut down through this layer of paint and run it all the way down the length of the trim, clearing your way in. Now that you have your cats paw behind the trim you're simply going to start to pry it off of the wall. Again, you are doing this gently, because you don't want to push a hole through the drywall. You will go from nail area to nail area, prying the trim slightly off the wall in each spot. Once you've pried all the nails out far enough you should be able to easily pull the whole length of trim off of the wall with just your hands. In order to keep this piece of trim for re-use you can

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fig. 1

Example of the tongue and groove of hardwood flooring.

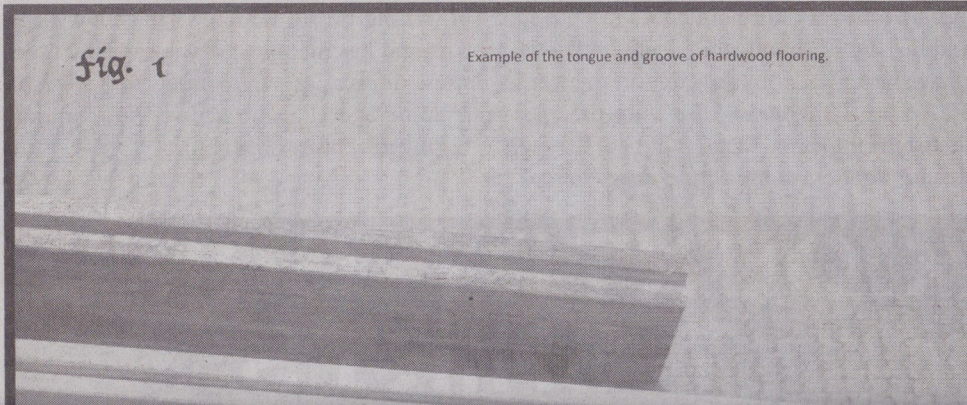
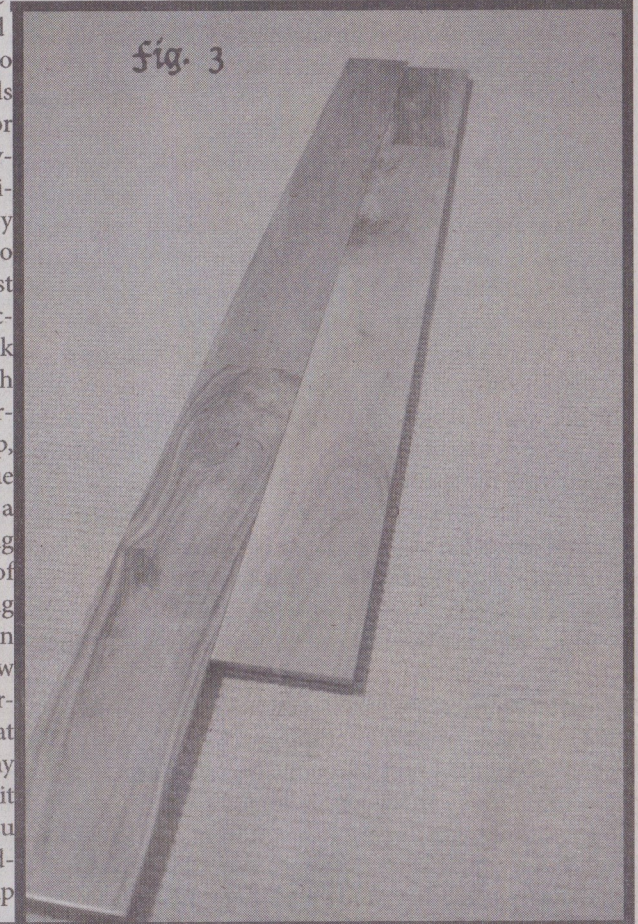


fig. 4



fig. 3



etc. Whatever the reason, it's not a bad idea to get more than you need. And, if it works out, and you don't end up opening your extra box, you can go right ahead and take it back to the hardware store for your money back. If you do end up opening it up and using some of the pieces, well, now you

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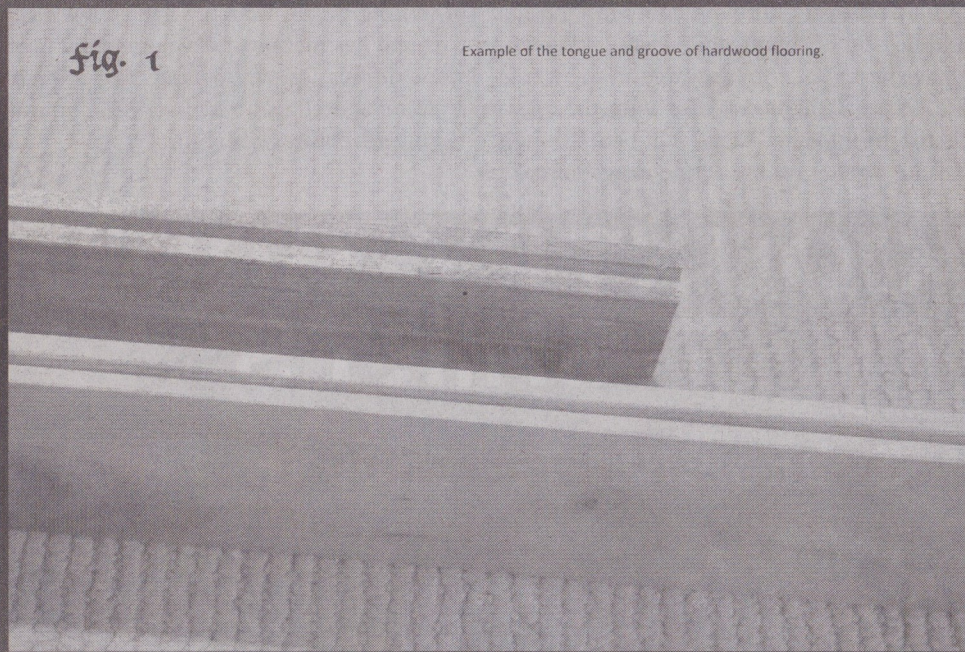


fig. 2

Tilt piece of hardwood on 45 degree angle and slide the groove of the second piece onto the tongue of the first row. Push down and use rubber mallet to force the pieces nice and snug.

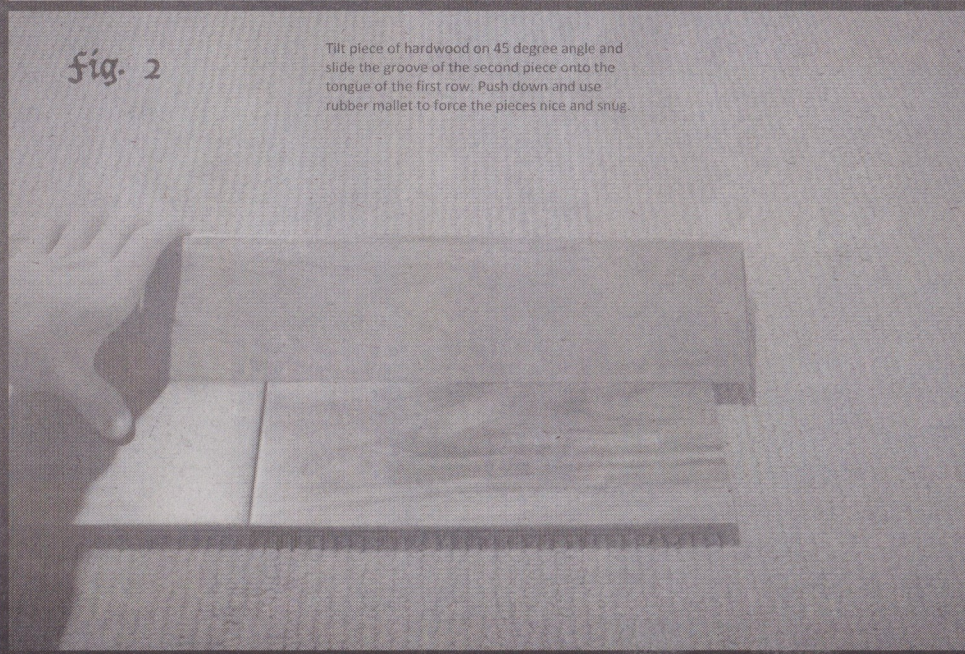


fig. 4

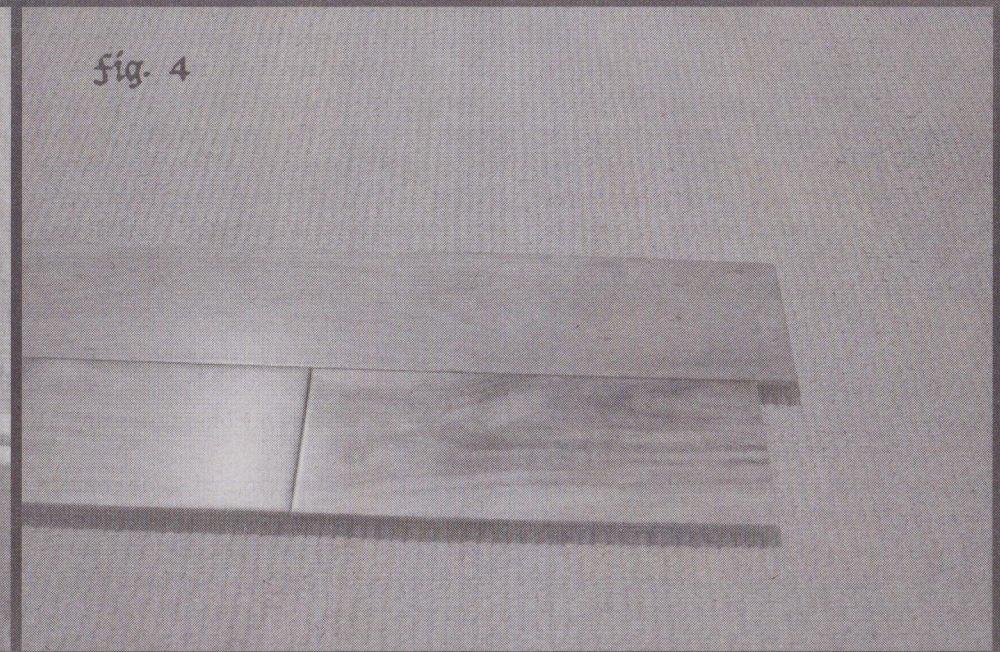


fig. 5



from one side of the floor to the other. Now that your underlay has been cut into four pieces take either a flat bar or a crowbar and pry the underlay up, tile and all.

SO. Now you have all your trim off, and your first floor taken up. What next? The answer is housekeeping. You are going to sweep five times, and then sweep once more. You want your subfloor to be as clean as possible or else you can wind up with dust rising up out of the finished floor as it's walked on. And THAT, is something you just don't want at all. If the floor was glued down, or if there were nails or staples holding it down, you're also going to go on one more hunt to pull up any remaining nails/staples or scrape off any left-over glue.

Now that we're ready to start laying the floor, we're going to go over the tools you should have.

- Table saw, with a fresh blade.
- Preferably also a mitre saw
- If you have it, a jigsaw
- Rubber mallet for each person laying
- Pencil
- Measuring tape
- A hardwood nailer
- A brad nailer for reattaching the trim
- Your air pump and hose
- And finally several boxes of the nails that you need

1.jpg

As far as what you wear, you'll want to be dressed comfortably, with knee pads, safety glasses, hearing protection and although I wear soft soled shoes to prevent scratching, steel toes are advised.

So, get your first piece of wood out. You want your floor to be a quarter inch from the bottom of the wall. You can either use a spacer or gauge it by eye, but this has to be done. You do this to allow the floor to expand with the heat instead of it being trapped and only being able to expand up, creating bumps and ridges in the floor. Take your first piece, and

once it's in the correct spot, put the hardwood nailer against your piece and put three nails into each piece. Do that and create one full line, using the tongue on the top of each piece to lock into the groove in the bottom of the piece going above it. Now, you will probably need to cut your end piece to make it fit at the top. Do not throw these pieces away! They may be useless for use in the middle of the floor as they lose the groove at the bottom, but they do make great starting pieces. Now, you start row two. You are going to take your next starting piece (of a different size than starting piece #1 and fit the tongue of the first row into the groove of the second piece. Sometimes this can be tricky, and I find best achieved by taking the piece you're slotting and putting it on a 45-degree angle and then pushing it down and into place. (Fig. 1 & 2)

Now that the tongue is partially in the groove, you can now use your rubber mallet to hit your second piece into place. You want it to fit nice and tightly at the top, at the bottom and at the side. (Fig. 3 & 4)

When you have it nice and snug, take your nailer and nail it into place. If you're doing this with a second person have your partner come behind you and nail each piece as you get it into position. Follow this the whole way through. If your room has no heaters or other outcroppings you can simply follow the steps above until you reach your last row. Otherwise you are probably going to need to cut out some pieces to allow piping to pass through. Luckily these pieces are going to be covered by heating units most of the time and should not ruin the appearance of the floor.

An example is going to be this. You have a floor heater running along the wall that you're butting the end pieces up against and you get to where the hot water pipe comes up. You are going to measure the width of the pipe, and then you are also going to measure how far back it goes, so that you know how deep your cut needs to be. You can then trace out the width and depth of

the cut you're going to need to make on your chosen end piece. You should then clamp it down and use your jig-saw to cut the piece out. Most jig-saws cut down, so make sure the good side of your wood is facing up, so any splintering happens on the bottom and out of sight. After your cut is made, slide it into place, and if needed make any adjustments necessary.

Now, chances are when you get to the end row, your pieces are all going to be too wide. Which means that you're going to have to cut them on your table saw. So, measure out the width from the side of the second last row, making sure that you're not measuring from the tongue, but from the side where the pieces will be pushed together. For this example we will say it's 2 3/8" from the side of the flooring to the wall. If we had have measured from the tongue it would have been 2 1/8" and all your pieces would have been too thin. So, take that 2 3/8" and subtract a quarter inch from it, remembering that we want a quarter inch of space between the wall and floor. So, you'll take one starter piece and run it through the table saw set to 2 1/8". Since the table saw cuts down, you will want to make sure that your wood is face side up, and that since it is such a small piece you will want to use a pusher stick so that you keep your fingers as far away from that blade as possible. When you cut your piece you are going to need to make sure you've cut from the side with the tongue sticking off of it. If you don't, and you cut from the side with the groove, you will lose the ability to attach it to the row beside it and it will be useless to you. If your piece fits in, go on down the row cutting and fitting in each piece. For the last few rows the hardwood nailer is simply going to be too big too use and you will have to use the brad nailer to nail each piece down. To do so put the tip of the nailer at the base of the tongue, facing back the way you've been working. Put it on a 45-degree angle and shoot so the nail travels through the board and out through the bottom instead of just straight down through the tongue,

which would block the next piece that needs to slide on.

Now, we've got your floor down and you're ready to put your trim back on. This is going to be the easy part of your day. To do this you're going to want your cats paw, and your brad nailer. So, you're going to push your piece of trim tight against the wall, using your knee, or if you have one, your assistant, to hold it in place. Using one hand you are going to use the top of your cats paw to push down on the trim, pressing it down against the floor. Using your free hand, take your nailer and shoot your trim, putting one in the top, one halfway down and one more near the bottom. You're now going to move down your trim, repeating the above steps, about every 16". If you had quarter round at the bottom of your trim as well, you are simply going to press it against your trim, and shoot on a diagonal, going through the middle of your trim and into the wall. Repeat every 8" or so. Once all your trim is back on you're going to take a small tube of DAB, cut open the end and squeeze a small bit out onto the tip of your exacto blade. Use your knife to smear the filler into each of the holes left by the nail gun. If necessary use a bit of tissue to smear it, and then once dried, a piece of fine grit sandpaper to remove any excess.

Now, I want to be clear that this is not a be all and end all instruction. Every job is going to have its on challenges and opportunities to learn. You'll find your own tricks and methods that work easiest for you. Work hard, do your best work and if necessary, ask questions. Fig. 5 is a photo of a floor I did this summer and an example of how yours can look.

- Preferably also a mitre saw
- If you have it, a jigsaw
- Rubber mallet for each person laying
- Pencil
- Measuring tape
- A hardwood nailer
- A brad nailer for reattaching the trim
- Your air pump and hose
- And finally several boxes of the nails that you need

1.jpg

As far as what you wear, you'll want to be dressed comfortably, with knee pads, safety glasses, hearing protection and although I wear soft soled shoes to prevent scratching, steel toes are advised.

So, get your first piece of wood out. You want your floor to be a quarter inch from the bottom of the wall. You can either use a spacer or gauge it by eye, but this has to be done. You do this to allow the floor to expand with the heat instead of it being trapped and only being able to expand up, creating bumps and ridges in the floor. Take your first piece, and

bottom and at the side. (Fig. 3 & 4) When you have it nice and snug, take your nailer and nail it into place. If you're doing this with a second person have your partner come behind you and nail each piece as you get it into position. Follow this the whole way through. If your room has no heaters or other outcroppings you can simply follow the steps above until you reach your last row. Otherwise you are probably going to need to cut out some pieces to allow piping to pass through. Luckily these pieces are going to be covered by heating units most of the time and should not ruin the appearance of the floor.

An example is going to be this. You have a floor heater running along the wall that you're butting the end pieces up against and you get to where the hot water pipe comes up. You are going to measure the width of the pipe, and then you are also going to measure how far back it goes, so that you know how deep your cut needs to be. You can then trace out the width and depth of

floor. So, you'll take one starter piece and run it through the table saw set to 2 1/8". Since the table saw cuts down, you will want to make sure that your wood is face side up, and that since it is such a small piece you will want to use a pusher stick so that you keep your fingers as far away from that blade as possible. When you cut your piece you are going to need to make sure you've cut from the side with the tongue sticking off of it. If you don't, and you cut from the side with the groove, you will lose the ability to attach it to the row beside it and it will be useless to you. If your piece fits in, go on down the row cutting and fitting in each piece. For the last few rows the hardwood nailer is simply going to be too big too use and you will have to use the brad nailer to nail each piece down. To do so put the tip of the nailer at the base of the tongue, facing back the way you've been working. Put it on a 45-degree angle and shoot so the nail travels through the board and out through the bottom instead of just straight down through the tongue,

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ALT FEST

..... JUNE 18th

At the Vallican Whole, Slocan Valley, BC.

• spoken word • music •
• art • workshops •

A CELEBRATION OF
ALTERNATIVE
CULTURES

Come check out this first year mini-festival in the beautiful Slocan Valley - Sinixt Territory. It will be a multi-variety gathering of celebrating alternative lifestyles and cultures. Providing an opportunity to learn, grow, experience, and to dance your pants off. We will be graced with exposure to an array of visual artists, workshops ranging from decolonization, to sorcery, to trans-resiliency, to surviving rurally, as well as spoken word artists, and music ranging from punk and metal, to folk and rag-time, to loop-pedal beats, soul, spoken word, and more to come! A place where art, community, and politics meet, with a soundtrack as varied as the people who will be there!

Festival runs on June 18th 2016 from NOON-1AM





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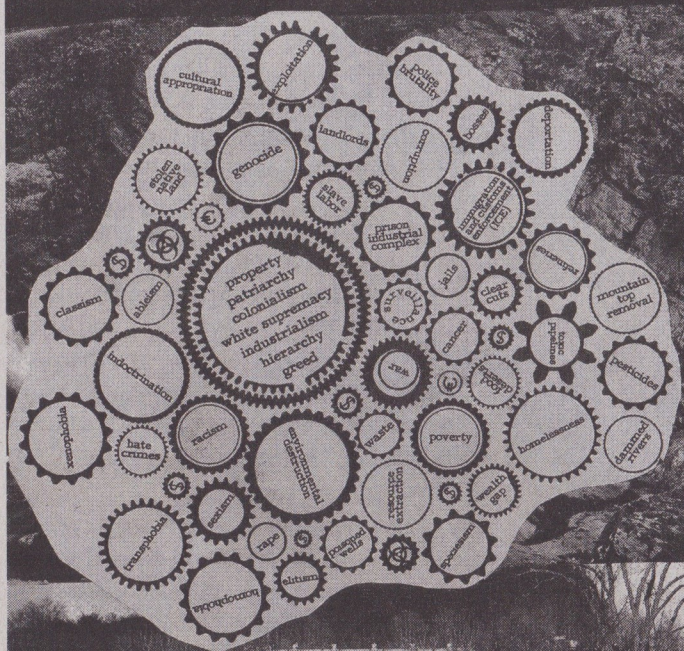


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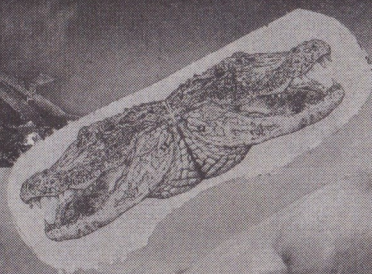


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RECORDS



West Virginia's
RURAL REBELS



WILD ROOTS, FERAL
FUTURES



We are primates, we are mammals, we are animals.
Other animals, plants, and forces of nature inform our
consciousness of self, and our place, responsibility, and
conduct in relation to them. Within the natural social
order, we never truly know ourselves in these beings,
living things, and thus, do not truly know ourselves
and stored by this system.

EVERY MORNING
I WAKE UP ON
THE WRONG SIDE OF
CAPITALISM.

"There is no level playing field. Any time our society says that a powerful chemical company has the same right as a low income family that's living next door, that playing field is not level, is not fair."

Silence of the Dammed

The Dispossession of
Native Lands 1492-1890



1492



ECOLOGICAL RESISTANCE

A close-up photograph of a protest sign. The sign is dark with the words "NO TAR SANDS" written in large, bold, white capital letters. Below this, in smaller white text, it says "STOP THE OIL SANDS". The sign is slightly tilted and appears to be part of a larger demonstration.

Silence of the Dammed

The Dispossession of
Native Lands 1492-1890

1492

1790

1830

1890

EVERY
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"There is no level playing field. Any time our society
says that a powerful chemical company has the same
right as a low income family that's living
next door, that playing field is not level, is not fair."

PIPELINE-FREE
DECOLONIZED
JETSUMETEN

NO PIPELINES

ECOLOGICAL RESISTANCE

In the Wild,
We Are Free from Abuse

AN OBSESSION WITH **TERRORISM** IS AS AMERICAN
AS GENETICALLY MODIFIED APPLE PIE.

DANDELIONS

By Katie Bialecki

When the warm weather starts, some of the first flowers blooming are that of the hardy dandelion. With its bright yellow flowers and pointed green leaves, it is a plant that sticks out. Most people consider this plant to be nothing more than a "common weed" and try to rid their yards of them. What many people don't realize, is they are full of uses.

The dandelion (also called Pig's Snout in many folk traditions) is chalked full of folk magic uses. Everyone has heard the folk tradition of making a wish, then blowing the seeds to make the wish come true. When a couple is to get married, a bouquet or garland with the flower in it should be used to bring the couple good fortune and ensure a everlasting love. The plant is also associated with the underworld, necromancy, and spirits, so they were often kept in the homes of recently deceased individuals. They are also used during the funeral and should be planted on grave sites. If you want to tell a departed loved one something, it is said that if you whisper it into a dandelion it will travel to the spirit on the other side of the veil.

Dandelion was brought to North America by the Puritans because of its numerous health benefits as well as its culinary uses. For arthritis and joint pain/swelling, fill a jar with freshly picked, washed and towel dried flowers & greens. Top off the jar with a carrier oil of your choice (I am cheap and use corn or vegetable oil, but any oil works). Let the mixture sit for 2 weeks to a month, then drain the plants out and discard. Rub the oil directly on the skin of the bothered location, twice daily. Dandelion is also rich in many vitamins and minerals, especially vitamin C, therefore it is used to prevent and treat colds and the flu. For those of us who drink, a tea made from the freshly cleaned and dried

SHORTCUT CURRY

By Aura Laforest

While it's nice to spend the day chopping, sautéing and simmering – sometimes you just want dinner on the table quickly and easily. But you don't want it to taste like tin can beans and tomato sauce...

Shortcut curry it is. While there are dozens of variations on the theme, this one works by jazzing up your basic tomato sauce, beans and curry powder with a few extra spices and some root vegetables. Best of all, it all comes together in about twenty minutes. It isn't as "whole foods" as I usually like to eat, but it is a time-saver for those that don't have a pressure cooker on call and want to avoid the "insta-meal" section of the grocery.

What you need:

- 2 tablespoons olive or coconut oil
- 3-4 bay leaves
- 1 dried red chili pepper, whole
- A 3" stick of cinnamon
- 1 tsp black mustard seeds
- 2 cloves of garlic, pressed
- A 1" chunk of ginger, pressed
- 1 tablespoon madras curry powder (or other curry powder of your liking)
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 3 small parsnips, roll-cut into chunks (you can use carrots if you don't like parsnip)
- 1 small rutabaga, diced small (so it cooks at the same rate as the parsnip)
- 1 can chick peas (540mL), drained and rinsed
- 1 can tomato sauce (213mL)
- 1 cup of water

What you do:

Heat a large skillet over a medium flame and add the oil. When hot add the bay, chili pepper, cinnamon and mustard seed. Fry a few seconds until the mustard seeds pop (you might want to cover the pan a few seconds

RECIPES

MAPLE TEA CAKE

By Aura Laforest

Catherine Yronwode is a woman I admire for her encyclopaedic knowledge, her business acumen, her magical skill and her absolutely fabulous honey cake. It's rich, moist, filled with spices and sweetness and if you want the recipe it can be found in the Hoodoo Foods cookbook.

Now given I can never leave well enough alone and inspired by her family recipe, this cake is my quintessentially Canadian version featuring tons of maple syrup and tea. It is truly decadent and worth making yourself sourdough starter for (since I also ferment pretty much all my baked goods)!

What you need:

- 3-3/4 cups whole grain flour (I used a 3:1 combo of kamut and wheat, but pretty much anything goes) + extra for the pan
- 1 cup strong Earl Grey Lavender tea
- 1 cup unsweetened applesauce
- 1-2/3 cups maple syrup (no, there's nothing else you can substitute for this one)
- 1/8 teaspoon clove powder
- 1 teaspoon cinnamon powder
- 2 teaspoons ginger powder
- 1 tablespoon pure vanilla extract
- 2/3 cup sourdough starter
- 1/3 cup sunflower oil
- 2 teaspoons baking soda
- 1 cup walnut bits (optional)

What you do:

In the morning, in a glass or ceramic bowl

CREAM OF CAULIFLOWER AND CELERIAC SOUP

By Aura Laforest

This is a crowd-pleaser. Even the pickiest of palates is sure to appreciate the rich and unctuous mouthfeel, the discrete spicing and the wintery hue. Paired with a salad it makes a lovely light meal although it could also serve as the first course in a multiple-plate affair. This is also an incredibly simple soup to make and I'm always happy when a few short minutes translates to a taste it feels like you slaved all day over. Furthermore, the recipe makes about 14 cups – so you have enough to feed a crowd (or yourself for the week). While you can make it on the stove-top, you'll really save time if you have a pressure cooker!

What you need:

- 3 tablespoons olive oil
- 40g fresh basil, coarsely chopped (about a cup, loosely packed)
- 3 bay leaves
- 3 onions, diced
- 3 cloves of garlic, chopped
- 1/4 cup sherry (optional)
- 1 medium or large head of cauliflower, cut into 1-1/2" florets and chunks (use the core too)
- 3 cups celeriac, diced into 1-1/4" pieces
- 1 cup raw cashews (soaked overnight and drained if using the stove-top method)
- 8 cups of water
- 3-1/2 teaspoons (or more or less, to taste) of

with the underworld, necromancy, and spirits, so they were often kept in the homes of recently deceased individuals. They are also used during the funeral and should be planted on grave sites. If you want to tell a departed loved one something, it is said that if you whisper it into a dandelion it will travel to the spirit on the other side of the veil.

Dandelion was brought to North America by the Puritans because of its numerous health benefits as well as its culinary uses. For arthritis and joint pain/swelling, fill a jar with freshly picked, washed and towel dried flowers & greens. Top off the jar with a carrier oil of your choice (I am cheap and use corn or vegetable oil, but any oil works). Let the mixture sit for 2 weeks to a month, then drain the plants out and discard. Rub the oil directly on the skin of the bothered location, twice daily. Dandelion is also rich in many vitamins and minerals, especially vitamin C, therefore it is used to prevent and treat colds and the flu. For those of us who drink, a tea made from the freshly cleaned and dried roots can be used as a hangover cure. The tea is also beneficial to treat and prevent UTIs.

Now on to the yummy part. Dandelions are just full of delicious ways to prepare and consume. Let's start with the leaf. It can be chopped up and added to a raw salad, to add a nice peppery flavor. You can also saute the whole leaf with some spinach, garlic, and bacon to make a delicious side dish. The root can be thoroughly cleaned, dried, and oven roasted on a low temperature to be used as a healthy tea. Infuse honey with dandelion flowers to add an extra kick of flavor. The flower itself can be sun brewed with lemon to make lemonade. (Add some of that infused honey I previously mentioned). The flower can also be added to fresh salads. My personal favorite is Dandelion Flower Fritters (recipe below). They are the most delicious summer/spring treat you could imagine.

Dandelion Flower Fritters w/ dipping sauce

2 cups of freshly picked & washed dandelion flowers

1 large egg

1 cup flour

large pinch of salt and sugar

3-4 bay leaves

1 dried red chili pepper, whole

A 3" stick of cinnamon

1 tsp black mustard seeds

2 cloves of garlic, pressed

A 1" chunk of ginger, pressed

1 tablespoon madras curry powder (or other curry powder of your liking)

1 teaspoon ground cumin

1/2 teaspoon ground coriander

3 small parsnips, roll-cut into chunks (you can use carrots if you don't like parsnip)

1 small rutabaga, diced small (so it cooks at the same rate as the parsnip)

1 can chick peas (540mL), drained and rinsed

1 can tomato sauce (213mL)

1 cup of water

What you do:

Heat a large skillet over a medium flame and add the oil. When hot add the bay, chili pepper, cinnamon and mustard seed. Fry a few seconds until the mustard seeds pop (you might want to cover the pan a few seconds to let that popping action happen, just don't let it go too long, you don't want to burn the spices).

Turn the heat down a tad and add the ginger and garlic. Toss it around once or twice and then add the curry powder, ground cumin and coriander. Cook a minute or so.

Add the tomato sauce, water, rutabaga and parsnip. Bring to a boil and then cover and reduce heat. Simmer until the vegetables are cooked to your liking, 8-15 minutes. If you find the sauce too thick, you can add a bit more water.

Add the chickpeas and heat through, covered, a couple of minutes more.

Most tomato sauces are salty enough that you don't need to add any – but check the seasonings and adjust to taste. Remove the whole spices.

Serve as desired, all alone or over rice.

Variations:

Instead of using canned chickpeas, soak 3/4

this cake is my quintessentially Canadian version featuring tons of maple syrup and tea. It is truly decadent and worth making yourself sourdough starter for (since I also ferment pretty much all my baked goods)! What you need:

3-3/4 cups whole grain flour (I used a 3:1 combo of kamut and wheat, but pretty much anything goes) + extra for the pan

1 cup strong Earl Grey Lavender tea

1 cup unsweetened applesauce

1-2/3 cups maple syrup (no, there's nothing else you can substitute for this one)

1/8 teaspoon clove powder

1 teaspoon cinnamon powder

2 teaspoons ginger powder

1 tablespoon pure vanilla extract

2/3 cup sourdough starter

1/3 cup sunflower oil

2 teaspoons baking soda

1 cup walnut bits (optional)

What you do:

In the morning, in a glass or ceramic bowl (don't use steel – the sourdough is acidic and doesn't play well with metal) mix together the flour, tea, applesauce, spices, vanilla, starter, and 1 cup of the maple syrup. You should get a pretty wet dough.

Cover the bowl with a wet cloth and leave in a warm place for 10-12 hours.

Once the dough is done fermenting (it may not have doubled, but it should definitely have risen some and show a matrix of bubbles within), preheat the oven to 375F. Grease and flour a bundt pan.

In a small bowl, whisk together the remaining 2/3 cup of maple syrup, baking soda and sunflower oil. You'll want the ingredients at room temperature and make sure there aren't any lumpy bits of baking soda hanging out anywhere.

Fold/mix (it'll be half-way between the two techniques) the contents of the small bowl into the fermented dough of the larger bowl until you have a uniform batter. Be careful not to over-mix. Work as quickly as you can.

to make and I'm always happy when a few short minutes translates to a taste it feels like you slaved all day over. Furthermore, the recipe makes about 14 cups – so you have enough to feed a crowd (or yourself for the week). While you can make it on the stove-top, you'll really save time if you have a pressure cooker!

What you need:

3 tablespoons olive oil

40g fresh basil, coarsely chopped (about a cup, loosely packed)

3 bay leaves

3 onions, diced

3 cloves of garlic, chopped

1/4 cup sherry (optional)

1 medium or large head of cauliflower, cut into 1-1/2" florets and chunks (use the core too)

3 cups celeriac, diced into 1-1/4" pieces

1 cup raw cashews (soaked overnight and drained if using the stove-top method)

8 cups of water

3-1/2 teaspoons (or more or less, to taste) of salt

What you do (pressure cooker or electric pressure cooker version):

In the pressure cooker, heat the oil over a medium flame and add the garlic and onions. Sauté until golden.

Deglaze with the sherry.

Add everything else to the pot except for the salt, fit the lid and bring to pressure for 9 minutes. Turn off the heat and allow the pressure to release naturally. For those with an electronic pressure cooker (I love my Instant Pot!), 9 minutes on soup cycle with natural pressure release.

Open the lid once the pressure is released (carefully – it's dang hot in there), add the salt. Use a stick-blender to blend the soup until it's thick and creamy.

Serve.

What you do (stove-top version):

In a thick-bottomed soup pot or dutch oven, heat the oil over a medium flame and add the garlic and onions. Sauté until golden.

roots can be used as a hangover cure. The tea is also beneficial to treat and prevent UTIs. Now on to the yummy part. Dandelions are just full of delicious ways to prepare and consume. Let's start with the leaf. It can be chopped up and added to a raw salad, to add a nice peppery flavor. You can also saute the whole leaf with some spinach, garlic, and bacon to make a delicious side dish. The root can be thoroughly cleaned, dried, and oven roasted on a low temperature to be used as a healthy tea. Infuse honey with dandelion flowers to add an extra kick of flavor. The flower itself can be sun brewed with lemon to make lemonade. (Add some of that infused honey I previously mentioned). The flower can also be added to fresh salads. My personal favorite is Dandelion Flower Fritters (recipe below). They are the most delicious summer/spring treat you could imagine.

Dandelion Flower Fritters w/ dipping sauce

2 cups of freshly picked & washed dandelion flowers

1 large egg

1 cup flour

large pinch of salt and sugar

1 cup milk

Spray pan with nonstick spray and heat to medium. Add dry ingredients to bowl, mix. Add egg and 1/4 cup milk. Mix thoroughly. Slowly add the rest of the milk til a mixture similar to pancake batter is reached. Grab flowers by the green base and dip in batter, sit directly in pan. Flip when light brown color is achieved. When color is reached on both sides remove from heat.

Dipping sauce:

1/4 cup mayonnaise

1 TBSP maple syrup

1 pinch salt

Combine all ingredients and mix thoroughly. Dip your fritters in and enjoy!

to let that popping action happen, just don't let it go too long, you don't want to burn the spices).

Turn the heat down a tad and add the ginger and garlic. Toss it around once or twice and then add the curry powder, ground cumin and coriander. Cook a minute or so.

Add the tomato sauce, water, rutabaga and parsnip. Bring to a boil and then cover and reduce heat. Simmer until the vegetables are cooked to your liking, 8-15 minutes. If you find the sauce too thick, you can add a bit more water.

Add the chickpeas and heat through, covered, a couple of minutes more.

Most tomato sauces are salty enough that you don't need to add any – but check the seasonings and adjust to taste. Remove the whole spices.

Serve as desired, all alone or over rice.

Variations:

Instead of using canned chickpeas, soak 3/4 cup of dry chana overnight and pre-cook them with kombu, hing and bay. Drain and reserve for use in the recipe.

Instead of using tomato sauce, use tomato paste and thin it out with extra water.

Instead of using tomato sauce and water, use two cups of stewed tomatoes either home-made (yum!) or store-bought (significantly less yum, but it'll do in a pinch).

(don't use steel – the sourdough is acidic and doesn't play well with metal) mix together the flour, tea, applesauce, spices, vanilla, starter, and 1 cup of the maple syrup. You should get a pretty wet dough.

Cover the bowl with a wet cloth and leave in a warm place for 10-12 hours.

Once the dough is done fermenting (it may not have doubled, but it should definitely have risen some and show a matrix of bubbles within), preheat the oven to 375F. Grease and flour a bundt pan.

In a small bowl, whisk together the remaining 2/3 cup of maple syrup, baking soda and sunflower oil. You'll want the ingredients at room temperature and make sure there aren't any lumpy bits of baking soda hanging out anywhere.

Fold/mix (it'll be half-way between the two techniques) the contents of the small bowl into the fermented dough of the larger bowl until you have a uniform batter. Be careful not to over-mix. Work as quickly as you can.

Pour it all into the bundt pan and pop it in the oven ASAP (it will be rising as you work given the reaction between the basic baking soda and acidic batter).

Bake for 40-50 minutes or until a toothpick comes out clean.

Cool the cake in the pan and once it can be handled ungloved, turn it out onto a wire rack. Try and wait for it to cool completely before eating, but that may be difficult. So will have only one piece...

salt

What you do (pressure cooker or electric pressure cooker version):

In the pressure cooker, heat the oil over a medium flame and add the garlic and onions. Sauté until golden.

Deglaze with the sherry.

Add everything else to the pot except for the salt, fit the lid and bring to pressure for 9 minutes. Turn off the heat and allow the pressure to release naturally. For those with an electronic pressure cooker (I love my Instant Pot!), 9 minutes on soup cycle with natural pressure release.

Open the lid once the pressure is released (carefully – it's dang hot in there), add the salt. Use a stick-blender to blend the soup until it's thick and creamy.

Serve.

What you do (stove-top version):

In a thick-bottomed soup pot or dutch oven, heat the oil over a medium flame and add the garlic and onions. Sauté until golden.

Deglaze with the sherry.

Add everything else to the pot except for the salt and bring to a boil. Lower the heat, cover, and simmer until all the ingredients are quite soft. This will probably take 30-45 minutes.

Add the salt. Use a stick-blender to blend the soup until it's thick and creamy.

Serve.

PROSPECTING 101

GO FOR THE GOLD

Prospecting 101: Go For the Gold
By Joey Only

When I was back in Ontario I paid a visit to the local Ministry of Natural Resources office in Tweed, Ontario and had a chat with the geologist there for a while. He told me he was happy to have a knowledgeable person come and ask so many questions and with a little coaxing explained himself. Apparently the influence of placer gold mining television shows has taken hold of the general public and the most frequent question he had been asked recently was where the best place was to go pan for gold. This demonstrates a basic lack of understanding about the nature of gold mining, for Hastings County in Ontario has some famous gold deposits, however they are for the most part firmly entrenched in the hard rock largely associated with quartz veining systems. Ontario is just not a likely province to go gold panning.

There is basically two kinds of gold mining claims, mineral and placer.

Placer: In my mind the benefit of placer mining is that any dummy could conceivably hit the pay streak. Placer mining largely involves the sifting of gravels (sometimes called quaternary colluvium=QC) which have been deposited by glaciers. In order to have a placer claim you would need to be in an area recognized as placer rich and is set aside by the government for such mining techniques. You don't have to be a geologist to strike it lucky, although research and an understanding of where old stream and gravel beds might be could help you. But all the same, if you dig up enough gravel and spend enough money your gamble of finding enough gold to make your operation profitable is at least a possibility. You could lease a placer claim yet the bedrock below it is considered available to those who might have the mineral claim for it.

To mine a mineral claim for gold would take a lot of extensive work to prove that the resources exist. This is not something that the

poor in spirit or money should consider. I work on a hard rock gold claim myself. The beauty of a hard rock claim with a known gold deposit is that you stand on the potential source for the placer/gravel gold. For whatever reason that gold has been wearing down with the mountain, pulled out of the ground by moving water and deposited in the creek gravels, or was deposited in the local gravels when the glaciers smashed the mountains and moved millions of tons of overburden around.

Step one for hobby gold panning is to make sure you are in a place that actually has gold in the gravels. In Ontario's case this is not a common occurrence whereas here in Barkerville, British Columbia, people have continued to find gold for 150 years. Knowing the production history of the place you wish to pan in may help put you in a better location. In the case of Barkerville we now know that the source for a lot of the gold that made it to the valleys is in the mountains directly surrounding the valley. In Dawson City, Yukon, the source for the placer gold was unknown until recently where it now seems that a company has located hard rock gold with a similar signature.

It may sound redundant to say that it would help to know what the production history of a region was, however I have seen people panning for gold in places where I knew for a fact the mineralized trend did not continue, nor did the glaciers move the gravels from the source gold to the location being panned. To make myself clear as possible I will just say there is a reason no one has mined gold in the main range of the Cariboo Mountains and that's because prospectors found NOTHING there.

Step two involves going for the gold. Once you find yourself in the right location it will now be up to you to use some brain power. If the source for the gold coming into the creek is somewhere in the valley that creek

runs through, you may be likely to find gold regardless of how many times people have combed the creek. In such locations the high water results in the probability that fresh gold will wash into the stream. So spring has passed and the water levels have come down and now you are able to start seeing gravel deposits in the creek beds, it's time to start exploring.

The first thing you might want to do is start at the bottom of the creek, or perhaps in a place where the creek levels out and perhaps, widens out. Down here you may find flecks and flakes of gold that has been carried down stream, larger nuggets (if they exist in the creek) will not have made it this far because they are too heavy. The beauty of panning is that the heavier gold should stay in your pan, sluice or rocker and the creeks behave much the same way. If you start looking at the gravels that pile up behind boulders in the creek or in major bends in the river you stand a chance to find some flakes of gold. Another good sign would be if you find other heavy minerals often associated with gold such as magnetite (black sand). If the black sand could land there you may be in a location where flecks of gold have also come to rest, the hardest part may be separating the magnetic black sand from the flecks of gold without a fancy wash table. Just keep that black sand in a big jar for a day you are poor, the tiny specks of gold in there may feed you when shit hits the fan.

If you find flakes of gold down there it might stand to reason that there are larger nuggets higher up in the creek bed so you start to work your way up hoping to find the place where the largest nuggets have come to rest. It's not rocket science, a lot of dummies have made themselves money this way and nearly as many blew it all on ladies and strong drink.

Once you decide you want to get a free miners license and work a claim of your own you will probably need to move away from the creeks due to environmental regulations, research the work history of the claim and decide which way to proceed. In some case hydraulic mining washed huge sections of the

mountain gravel out, yet using this technique much of the smaller gold escaped and is still out there somewhere. Maybe you will learn about an old stream bed that used to exist and start to excavate it. Maybe you will see old claim posts from the 1800's and realize that no one mined the right of way between them.

There are places for an amateur gold seeker to go panning that do not require a free miner's or prospecting license, the Cottonwood River between Barkerville and Quesnel is a good example of a place you can take your children panning without having to worry about being shot at by some agitated gold miner. Do not trespass on claims that are being actively worked. However many holders of gold claims know full well they can't work their machines in the big creeks and that you will never find enough in one day of panning ground that's been worked in the past to threaten their operations. It never hurts to ask them permission, if they say no, they say no. If the claim is not being actively worked there's a good chance no one will say anything if you are in the creek up to your knees panning.

That might change if you get a gas powered sluice or some sort of rocker. It's best to not be seen with that kind of equipment. If you want to learn the techniques of panning you can learn about that on youtube. But if you are in the Cariboo why not take a trip out to Barkerville, go to the Eldorado, get a panning lesson and maybe even find a fleck of gold there yourself as many people have done in the past. It's gold panning, not rocket science. If you want good locations all the information is available already, you just have to learn to manipulate the internet to find it.

Just remember, finding free gold is finding free money. Many of us who live in these parts have supplemented our incomes by developing our skills for finding gold and other valuable minerals. I've worked for multiple placer miners and worked in several mines with the skills I have learned. None of this is far fetched, if I can find gold you can do it too!

are for the most part mining claims on hard rock largely associated with quartz veining systems. Ontario is just not a likely province to go gold panning.

There is basically two kinds of gold mining claims, mineral and placer.

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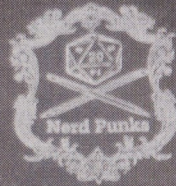


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BUMBLEFOOT: WHAT IT IS AND HOW TO TREAT IT.

By Tzomi

Keeping laying flocks healthy can take a lot of work and sometimes involves basically giving your birds a pedicure, as I have found out. Bumblefoot is an injury that is actually really common in domestic birds of all kinds, but almost never shows up in wild birds. While it won't be so bad in meat birds that are only around for one season, it can be a big part of keeping your laying birds comfortable and in great shape, but is often overlooked. It's good to check your whole flock for signs of bumble twice a year or so, to catch the problem before it gets really bad or life threatening.

Sooo... what is it and how do I tell if my bird has it?

Bumblefoot is essentially a callous on your bird's foot that gets infected. They show up a lot in waterfowl that have more tender feet than chickens, but also can happen to any domesticated fowl. The infection usually shows up on the underside of the foot, on the joints or near the toenail. It starts out as a plain old callous caused by daily friction and pressure in the same place. As the callous gets bigger, it sticks out more, and rubs on more things, and that's when your trouble starts. The top of the callous will then get black, shiny and smooth, and is actually an open wound with a tough outer skin layer. Because they walk in their own shit all the time, a staph infection moves in, causes more swelling, and the problem gets worse from there. If you notice one of your birds is limping at all or walking lightly on one side, check out if you have a bumble problem right away, because that shit is painful - not only

or goose will try to drink up the magnesium water which will make them sick! So the epsom salt soak with waterfowl is better if you can hold them calm in a smaller sink or dish that they can't reach with their beak to play in or drink from.

After soaking in the warm water for as long as possible to soften the callus (usually I take them out when they decide to take a shit), take the bird out swaddled tightly in a towel like a lil baby to keep them calm and from flapping all over. Treat their foot with a moisturizer: if the infection is bad or you had to do surgery (below), you should probably consider using a big pharma product like polysporin with triple antibiotic ****BUT MAKE SURE THERE IS NO PAIN MEDICATION IN IT**** because anything that ends with the suffix "caine" is toxic to birds! Other alternatives could be bag balm, or fiske's ointment (available at feed stores), or even coconut oil mixed with lavender or tea tree oil. It is up to you to figure out how bad you think the infection is and whether or not they need the antibiotics.

Then wrap their foot in VetWrap or sport wrap tape: it is this amazing stretchy material that is super cheap/pocketable, has no adhesive, sticks to itself, breathes and keeps the wound clean and dry. Depending on how bad the bumble is/if you did surgery, repeat this process every day or two and keep the injured bird in enclosed quarters until their bumble is healing. Once it looks like it is really on the mend and you have changed what you think might have been the cause, you can find this spray-on ointment at a feed store that does wonders for a million problems with most animals: one is called "Blue-

want to go in where the skin seems thinnest/most irritated.

Using the smallest and pointiest part of the scalpel, make an incision, trying to get the black scab off. If the bumble is only mildly infected, you can sometimes get away with ending the surgery here, repeating every few days if necessary and keeping on top of disinfecting/wrapping the foot twice a day. If the infection is medium or nasty/very swollen, you should look for the "kernel" or "plug" of pus that is inside - it will be hard, yellow, and gnarly.

Use the scalpel to get to the centre of the bumble, and the tweezers to remove the plug. Make sure you get all the pieces!!

If you have cut open your bird's foot at all, obviously hygiene is super important and you have to disinfect everything, probably use antibiotics at the end, and wrap really well with new dressing a couple times a day until the wound is healing over. You should keep the bird indoors/in a crate/with limited movement for a couple days, and make sure their feet stay really dry. By about 3 days if the wound is healing well, the bird should be safe to go outside or wander around on dry days but the dressing should still be changed often enough to keep it clean and dry.

Good luck with your birds y'all, and if you have any questions, would like to see some photos or need some advice about bumble, I unfortunately have a whole lot of experience with it, so go ahead and email me or gimme a call! tzomisara@gmail.com, 902-542-8600.

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Sooo... what are the causes?

Sometimes bumble can be caused just by a bird landing awkwardly from a high place and getting a cut. If you only have one or two birds in your flock that get foot callouses, probably they are just clumsy and you don't have a big problem on your hands. But if most or all of your birds have them, you might have to look at your infrastructure. The most common causes for bumble are coop doorways/entrys, coop floor material, nesting boxes, and roosts: basically anything they climb up on, step on or walk on in the same way every day. You can fix the problems by sanding the wood down more, creating a lower or floor-level doorway, putting down thicker layers of bedding, putting

uct like polysporin with triple antibiotic ****BUT MAKE SURE THERE IS NO PAIN MEDICATION IN IT**** because anything that ends with the suffix "caine" is toxic to birds! Other alternatives could be bag balm, or fiske's ointment (available at feed stores), or even coconut oil mixed with lavender or tea tree oil. It is up to you to figure out how bad you think the infection is and whether or not they need the antibiotics.

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If it's really bad... surgery.

This part sux, but someone's gotta do it if the infection is bad and the bird is in a lot of pain.

Tools: tweezers, surgical scalpel/exacto blade/small boxcutter, medical gauze, a towel to hold the bird in, a clean cloth in hot water, and the supplies in the foot spa section: epsom, polysporin, vetwrap/sportwrap.

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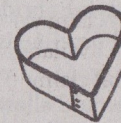
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Sooo.... how do I give my bird a pedicure?

Almost all the supplies I mention here are easy to find at a drugstore or the pharmacy centre of a grocery store. They are good to have on hand for a huge variety of animal injuries.

Spa day for my duck starts with a bath or rinse to get any poo and dirt off the foot. Then they get an epsom salt soak in warm water, which is easier with chickens because they are not prone to "dabbling", but a duck

Kote (with gentian violet for fungal infections), the other is called "Red-Kote" (for general wounds). They have oils/moisturizer in them that soften callouses, use natural antibiotics/disinfectants, and you can apply them by spraying - since I do almost all my animal stuff solo and it is pretty hard to wrap a bird's foot by yourself, this spray is a life-saver for me. It can take weeks for bumble to heal to a safe stage and I have rescued some birds that had really bad feet, this spray meant I can just grab the bird at bedtime, flip her over and cover her eyes while I spray her, and back in the coop she goes.

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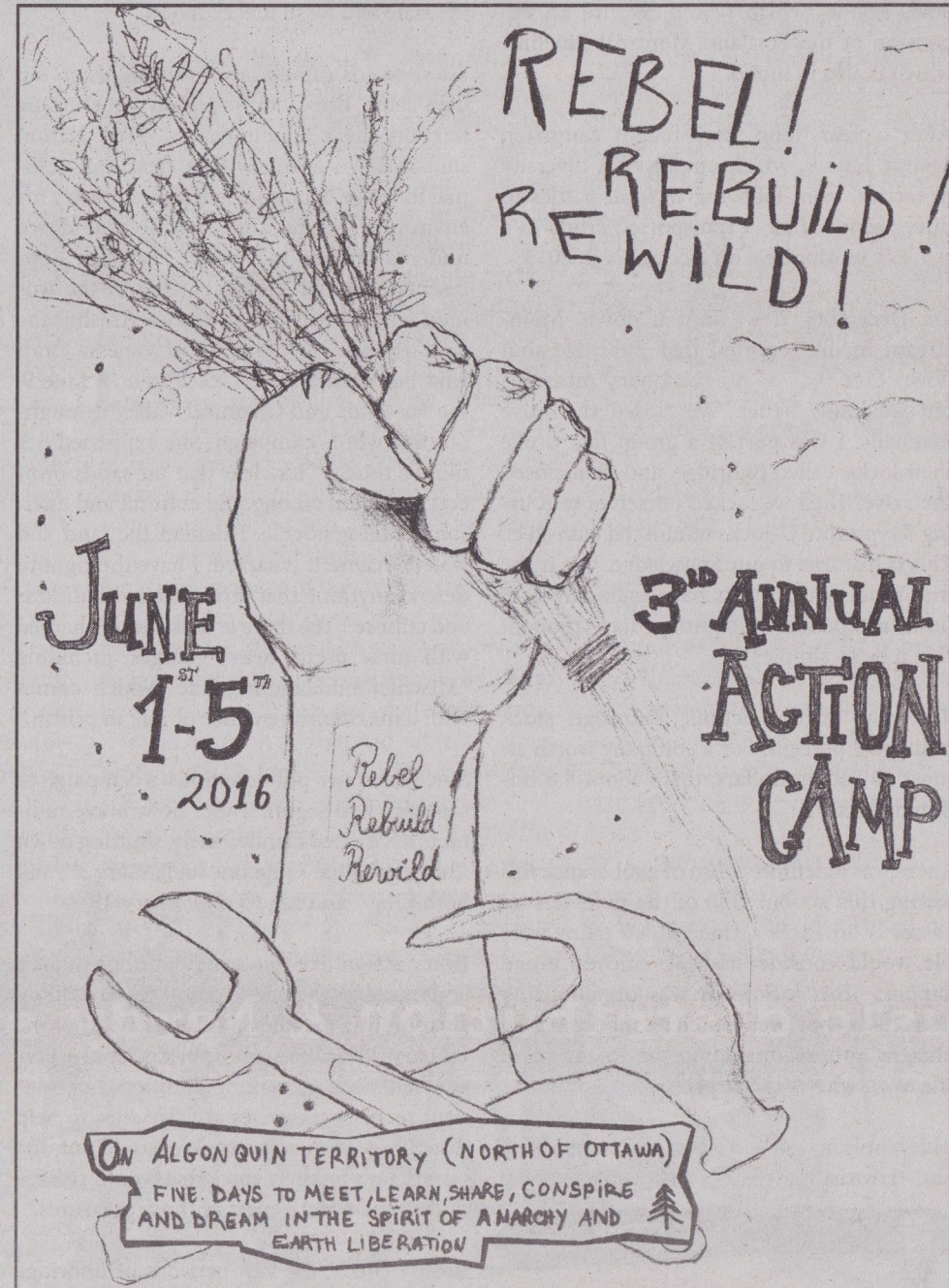
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You really need two people for this part. For this section a lot of what I learned was from <http://www.the-chicken-chick.com>, her blog has a really, really good post about the surgery. If you need to do this for your bird, I really recommend looking it up first if you can - your bird will be okay following the foot spa section without surgery for a few days until you can get to internet, if that's not readily available.

First, sanitize everything, obviously!

Second, give your bird the spa treatment, and then dry them off with a clean towel.

In most cases, bumblefoot has a black, round-ish scabby part on the top. This is the part you're going into. If the bumble is mostly protruding out the top of the foot, you will



FIGHTING TO WIN!

CHOKING OUT THE RIG PIGS, ONE PIPELINE AT A TIME

By Anonymous

It is 2016, and the struggle continues against the abomination known as the tar sands. I'm happy to report that the combined forces of indigenous land defenders and the environmental movement has so far been able to keep its chokehold on new pipeline projects, save one. The Keystone XL is dead, Northern Gateway is as good as dead, Energy East is looking less and less likely, and the Trans-Mountain pipeline remains in limbo. Due to the collapse of oil prices, the boom is most definitely over in Alberta. There have been thousands of layoffs, major projects have been cancelled, companies are losing money hand over fist, and it is only a matter of time before the new economic reality strangles many more projects to death.

That is to say: we are winning. This is a war of attrition, and we are wearing those bastards down. Our strategy was always to chisel away at the profitability of the tar sands by slowing them down, discouraging investment, affecting their bottom line, and blocking their access to tidewater. It will appear to some, when they look back on the great crash of the Athabasca Tar Sands, that it was the invisible hand of the market at work. Only those who have been paying close attention will know to what extent our movement was responsible for stopping the spread of this cancer.

For now, the critical battleground in the war against the tar sands is Enbridge's Line 9. This almost 40 year-old pipeline is now pumping crude from Sarnia to Montreal. If left uninterrupted, Line 9 would allow the expansion of the tar sands by providing an export market for diluted bitumen. It puts the drinking water of millions at risk and exacerbates the

definition of terrorism to include tampering with critical infrastructure, i.e. pipelines. Our line of thinking was this: If they charged us with terrorism, what they'd be saying is that a large segment of the population supports terrorism, and the state would lose the usefulness of the terrorism label to demonize an isolated political element.

There's no question that this action breathed new life into the anti-Line 9 campaign, which NGOs long ago abandoned as unwinnable. For the first time in a long while, militants are fighting to win again.

Speaking as a participant, this action was definitely a high point in my activism career. The support was absolutely incredible, the solidarity expressed through song and action was beyond beautiful, and everything about the entire day seemed to unfold according to the benevolent whims of some trickster god. A few days after the actions, I wrote:

"It was a great success, in that we come out of it feeling stronger than we went into it. We're anarchists, and we see struggles against pipelines as a part of a broader struggle. We fight for the terrain of the imagination. If our action inspires others, if it causes them to see resistance as viable, if it causes them to brainstorm new tactics, we will be content that we are contributing to a great drama, a story that does not begin or end with us. The value of this struggle lies not only in its immediate aims, but in its ability to bring people together in the spirit of defiance, creating a culture of resistance that will grow over the course of years. Our project is nurturing that spirit of determination, and disseminating

pipelines criss-crossing Turtle Island is far too large to be effectively surveilled. Also, since it is one of our goals to cost them money, we can count every dollar they spend on security guarding their valves and investigating us as a strike against them.

There will never be a better time to shut down Line 9 than 2016. Enbridge has said that for the entire year, they will be running Line 9 below its capacity, making an explosion or spill unlikelier now than it might be in the future. Also, I imagine that the recent actions have caused increased vigilance in Enbridge's pipeline-monitoring control centre. For those of you who wish to learn more, there is a fair amount of useful information that can be found online. Check out dissemination.noblogs.org and pipeleaks.org.

Stopping future pipelines will be far easier than Line 9. Because Line 9 was already in the ground, there were fewer sites of intervention, and this was also the first campaign of its kind in our bioregion. Our movement is growing, of that there is no doubt. It seems likely to me that if we are able to shut down Line 9, the rest of the export pipelines will go POOF.

There is also a chance that Line 9 could be shut down if the Supreme Court rules in favour of the Chippewas of the Thames First Nation, who has been fighting Line 9 in court for a long time. In recent years, Canada's Supreme Court has ruled in favour of indigenous rights in some surprising ways, and the Chippewas of the Thames do have a strong case. There has recently been some great news on this front – after being pressured by anarchists, Quebec NGO Coule Pas Chez Nous donated \$10,000 to help with the Supreme Court challenge.

I think that I would be remiss to write an article about the tar sands with a solely celebratory tone. As Vanessa Gray said, the tar sands are an ongoing act of genocide. Their existence is deeply to be mourned. As anyone who has been to Chemical Valley knows,

factors we played no role in creating. The price of oil will eventually rebound, whether because of a new war, the machinations of the House of Saud, or both. When it does, will we be further towards the cause of liberation?

Is the fight to shut down the tar sands a means or an end? An objective or a strategy? For if it is seen as a mission to be accomplished, we will have succeeded only in slaying the ugliest head of the hydra, we will still be in the clutches of our enemies, and it will only be a matter of time before history begins to repeat itself.

That is why I invite y'all to ask yourselves, what will we do after we win? The networks, alliances, and relationships that have been forged these past years are an important legacy of this campaign. What will become of them?

To become a revolutionary movement we must evolve past a reactive model of activism to a visionary one. I believe that the time is drawing near for the advent of new approach to ecological struggle, one that involves more people on a more full-time basis, one that prefigures the desired society it envisions. We must learn to craft our terms of engagement with the enemy and seize the initiative away from industry and government, making them react to us.

Victory is not enough, so as long as we are attackers with nothing to defend. Democracy is resilient because it allows the people to win in ways which leave the power structure intact. Let us not forget that fascism is on the rise worldwide, and that the stability of the world, politically, economically, and ecologically is more precarious than any of us want to believe. We would wise to prepare for what is to come. In the absence of an imminent threat, we would do well to build up our infrastructure and means of sustenance.

I wrote this article with the express purpose of lionizing our movement, because it's im-

been thousands of layoffs, major projects have been cancelled, companies are losing money hand over fist, and it is only a matter of time before the new economic reality strangles many more projects to death.

That is to say: we are winning. This is a war of attrition, and we are wearing those bastards down. Our strategy was always to chisel away at the profitability of the tar sands by slowing them down, discouraging investment, affecting their bottom line, and blocking their access to tidewater. It will appear to some, when they look back on the great crash of the Athabasca Tar Sands, that it was the invisible hand of the market at work. Only those who have been paying close attention will know to what extent our movement was responsible for stopping the spread of this cancer.

For now, the critical battleground in the war against the tar sands is Enbridge's Line 9. This almost 40 year-old pipeline is now pumping crude from Sarnia to Montreal. If left uninterrupted, Line 9 would allow the expansion of the tar sands by providing an export market for diluted bitumen. It puts the drinking water of millions at risk and exacerbates the slow industrial genocide known as Chemical Valley, a hub of more than 60 refineries that surrounds the heavily-polluted Aamjiwnaang First Nation. Line 9 is also part of a larger plan to export bitumen out of Portland, Maine, which would require an expansion of the Portland Montreal Pipeline, which is also in limbo.

After a years-long, hard-fought campaign against Line 9, which employed a diversity of tactics, from lobbying to legal battles to direct action, Line 9 transported crude to a refinery in Montreal on December 3, 2015.

On December 7, we shut it down. Mainstream media reported that Enbridge shut down Line 9 as a "precautionary measure", but we know better. We closed the valve manually. I was part of a group that broke their locks, called Enbridge, and then closed the valve. Then we locked ourselves to it using Kryptonite U-locks reinforced with steel. This is historic: to our knowledge, this is the

been fighting to win again.

Speaking as a participant, this action was definitely a high point in my activism career. The support was absolutely incredible, the solidarity expressed through song and action was beyond beautiful, and everything about the entire day seemed to unfold according to the benevolent whims of some trickster god. A few days after the actions, I wrote:

"It was a great success, in that we come out of it feeling stronger than we went into it. We're anarchists, and we see struggles against pipelines as a part of a broader struggle. We fight for the terrain of the imagination. If our action inspires others, if it causes them to see resistance as viable, if it causes them to brainstorm new tactics, we will be content that we are contributing to a great drama, a story that does not begin or end with us. The value of this struggle lies not only in its immediate aims, but in its ability to bring people together in the spirit of defiance, creating a culture of resistance that will grow over the course of years. Our project is nurturing that spirit of determination, and disseminating our ideas widely, so that they might take root where they will, so that as the effects of the age of crisis we live in become increasingly dire, a culture of resistance will emerge that is able to survive and thrive independent of the state and fossil fuel economy."

These words gained new meaning when ten days later, three comrades on Anishnaabe territory near Aamjiwnaang First Nation shut it down again, with a clear anti-colonial message denouncing the oil industry for environmental racism. They locked down under a banner that read "Enbridge Represents Colonial Violence". One of the women who locked down was an Anishnaabe land defender by the name of Vanessa Gray, who has been a major voice against Line 9, the tar sands and Chemical Valley throughout this whole campaign. She expressed her motive thusly: "It's clear that tar sands projects represent an ongoing cultural and environmental genocide. I defend the land and water because it is sacred. I have the right to

the ground, there were fewer sites of intervention, and this was also the first campaign of its kind in our bioregion. Our movement is growing, of that there is no doubt. It seems likely to me that if we are able to shut down Line 9, the rest of the export pipelines will go POOF.

There is also a chance that Line 9 could be shut down if the Supreme Court rules in favour of the Chippewas of the Thames First Nation, who has been fighting Line 9 in court for a long time. In recent years, Canada's Supreme Court has ruled in favour of indigenous rights in some surprising ways, and the Chippewas of the Thames do have a strong case. There has recently been some great news on this front – after being pressured by anarchists, Quebec NGO Coule Pas Chez Nous donated \$10,000 to help with the Supreme Court challenge.

I think that I would be remiss to write an article about the tar sands with a solely celebratory tone. As Vanessa Gray said, the tar sands are an ongoing act of genocide. Their existence is deeply to be mourned. As anyone who has been to Chemical Valley knows, we have a long, long way to go. Even if they were to shut down the tar sands tomorrow, the damage that has been done is irreparable. The famous tailings ponds that can be seen from space are leaking every day, poisoning the Athabasca river, the communities downstream, and the ocean. Every day that this grievous assault on us all continues, the future is further impoverished.

What's more, as the money from the tar sands dries up, companies may well implement cost-cutting measures which decrease safety. Recently, Nexen's 70 000 barrel-per-day Long Lake in-situ facility recently closed after two accidents – one massive bitumen spill and one explosion that killed two people. I suspect that both these tragedies may have resulted from attempts to lower costs, and that Long Lake was shut down because Nexen realized that their cost-cutting was going to end up costing them more in the long run. As pipeline infrastructure falls into disrepair, there will likely be an increase in

To become a revolutionary movement we must evolve past a reactive model of activism to a visionary one. I believe that the time is drawing near for the advent of new approach to ecological struggle, one that involves more people on a more full-time basis, one that prefigures the desired society it envisions. We must learn to craft our terms of engagement with the enemy and seize the initiative away from industry and government, making them react to us.

Victory is not enough, so as long as we are attackers with nothing to defend. Democracy is resilient because it allows the people to win in ways which leave the power structure intact. Let us not forget that fascism is on the rise worldwide, and that the stability of the world, politically, economically, and ecologically is more precarious than any of us want to believe. We would wise to prepare for what is to come. In the absence of an imminent threat, we would do well to build up our infrastructure and means of sustenance.

I wrote this article with the express purpose of lionizing our movement, because it's important for people who struggle for what they believe in to have a sense that what they are doing is amounting to something. The more people believe in something, it easier it gets to believe in it, and in order to achieve our goals, we've got to believe that we can achieve them. The list of victories that we have racked up as a movement after the past few years is now almost too long to commit to memory.

No single action is ever decisive in campaigns like these; it is the cumulative effect of countless people's years of efforts which yields results. To be a part of a movement like this is as humbling as it is exhilarating. I don't feel like an individual when I write this; I feel more like a part of a historical force. And now I have cause to back up a feeling that I have long held; that when enough people summon the resolve to fight for the Earth, their efforts will pay off, and they will find themselves the beneficiaries of unexpected twists of fate.

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The day of the action, Enbridge stock plunged 8 percent. For a company worth almost 60 Billion dollars, that's about 4.8 Billion dollars.

There was a definite sense of exuberance following this action. One of the notable successes is how this action, which many people would consider radical, enjoyed broad support. This lockdown was organized by anarchists, but was publicly supported by citizens' groups, including the ex-mayor of the town where it took place.

This whole action was a test of Canada's new anti-terrorism law C-51, which expands the

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Since these two public actions, a campaign of sabotage has begun. Twice now, brave militants have acted clandestinely, shutting down Enbridge's Line 7 pipeline on January 3rd, and both Line 7 and Line 9 on January 25.

Every action like this costs Enbridge money, and increases the whole mood of uncertainty surrounding the tar sands industry. After the January 25th action, an Enbridge spokesperson said: "we are taking additional permanent security measures at valve sites to help discourage such activities. We would not discuss details publicly since that would risk reducing the effectiveness of those measures."

Reality check: the vast network of Enbridge

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Lastly, need it be pointed out, Line 9 is currently online, and for every day that it is operational, a time bomb ticks on. Disabling it permanently will require a stark escalation on the parts of militants. Who amongst you will answer this call? For those of you who entered this world desiring to prove your courage, fate beckons. Think of a river that you love and feel the sickness of the world. Are you willing to do what is necessary? You to whom these words whisper in the language of destiny, know this: that when one risks all for the benefit of life, they are performing the ultimate act of love, and their reward will be beautiful beyond reckoning.

We have before a window of possibility, and there is no telling how long it will be open. Our force is now multiplied by economic

or normalizing our movement, because it's important for people who struggle for what they believe in to have a sense that what they are doing is amounting to something. The more people believe in something, it easier it gets to believe in it, and in order to achieve our goals, we've got to believe that we can achieve them. The list of victories that we have racked up as a movement after the past few years is now almost too long to commit to memory.

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So hail to the Unist'ot'en Camp, the Tar Sands Blockade, Owe Aku, Swamp Line 9, the Healing Walk, the Toxic Tour, and the others, too many to name, who have steadfastly resisted the oil industry on Turtle Island. Thank you for all that you have done. The power of the movement stands as a testament to your strength and determination.

There has never been a better time to attack. The enemy is weakened, and each strike hastens its demise. Let's intensify our efforts to disable this death-machine once and for all!

HOW TO NOT GET FUCKED OVER BY BEARS

by Joey Only

10 people in Canada are killed every year by lightning and 160 seriously wounded, so if I said you are 15x more likely to be killed by lightning than by bears I wouldn't be lying. Bears is the last thing you gotta worry about in the bush cause most people drown, or fall down a cliff, or fall down a cliff and drown, or drink beaver water after falling down a cliff and nearly drowning, or freeze after they get out of the water, or get struck by lightning or injuries or avalanches, or indecision or panic or accidents or even worse than all that. At least we don't live in Australia where the tiniest spider could bite you and your insides would just turn to jelly as you bleed out of every orifice.

Also please feel free to google any bear aware websites that can tell you about the basics of bear behaviour. This article is more about how to fight with a bear and win. One thing we agree on is that running won't help you, they are faster and will often chase a running creature.

All in all not that many people die from bears. The problem with bear aware campaigns is that their best advice is to either travel in groups or lay down and take it when the animal has your head in its mouth. I can tell you from my own experience that you don't have to take shit from anything in the forest if you develop your own power over that environment. Statistically you are more likely to die driving to the forest than once you are actually in it, but once you are in it and you are alone this article might have some useful advice for you.

BE THE HUNTER: If you are alone in their territory be the hunter. You ought to have a buck knife, small axe or machete on your person if not a nice walking stick. You must con-

because that is what I am.

Now realize that bears do not hear any better than you and don't see very well at distance at all. Compared to most animals those senses are not an advantage for them. It's their nose that gives them the edge, but by considering wind direction you can out maneuver anything out there. If you are worried about them smelling your food then you should just bring smarter food with you, simple things like rice and potatoes are not going to attract their nose as you walk nearby...at least not in the way that bacon brings unwanted attention.

The most useful way to be when encountering an animal is to show no surprise, pick a clear direction of travel and continue on. If you feel relaxed enough to talk to the animal without spooking it too much it can be a helpful thing to do. They say to not look them in the eye but there actually is a spirit you can walk about with that will allow you to do just that. You look them in the eye and say 'hi buddy!' You show them with your spirit that you are okay with them. Show them that you are just passing through and not worth challenging.

Don't let your dog create a problem for you unless you are willing to join your dog and make a stand. Two dogs is better than one as they can bark at the bear while you run away. I have a collie that has been known to herd bears away from my fishing holes which in my mind is better than a dog that might fight with them and get wounded. A dog who will irritate the bear is most often going to push it to go the other way. Dogs have more to offer than just their fighting skill, their keen hearing and sense of smell can tell you lots about what is out there. Watch your dog and while you do that listen to the ravens, jays and squirrels. There are lots of animals in the forest who will start to chat-

treat this like all those times you let wankers bully you, you have to be ready to fight for your life and to show them you are not to be fucked with. Run right at him yelling from your gut "HA HA HA HA HA!!!" like a war cry, take your axe and smash it into his goddamned nose! Make yourself look big, mean, loud and nasty so that it will know there are consequences to trying to eat you. I've chased bears off in this manner several dozen times now, animals generally aren't so willing to challenge anything that acts like it thinks it can win.

I do not advocate the use of bear sprays. I heard two expert Japanese mountaineers in the Chilcotin sprayed each other thinking it worked like bug spray. I have never known anyone who has successfully defended themselves with bear spray though I am sure it happens. I have however met half a dozen people who have accidentally sprayed themselves and others yet who have witnessed it used in street violence. I've not met anyone who has actually been mauled by a bear despite tense encounters and I only know of one person who has successfully hit a bear with their spray. Chances are you'll see 2,000 bears and never need to smash any of their faces with an axe. You truly are more likely to spray yourself and then be in real trouble.

I've hit a grizzly with a rock to move it on and smoked a black bear with a piece of firewood while in my underwear. Throwing things can really help, it confuses them. If you need to smash one with an axe just enjoy it while it lasts, you may never get another chance to act like Jeremiah Johnson. That's the best way to have a winning spirit.

DON'T BE AGGRESSIVE TO GRIZZ UNLESS YOU CAN ESCAPE: Grizzly bears aren't usually out to make a meal of someone, generally they attack because of a territorial misunderstanding. For example you are trying to pet its cubs or take a picture of this cool dead moose you found...suddenly you got a Grizzly bear who is pissed off. So apologize, don't panic if you can and do what the bear aware pamphlets tell you. But if that doesn't work and

it charges at you there's no outrunning it, and climbing a tree might not save you. So maybe you gotta give your best 'Mike Tyson's Punch Out' swing and ding the bastard on its super sensitive nose and stand your ground. You can always play dead if that doesn't work, however it has worked for mountain men in the past. Of course your buck knife and axe are always handy things because you have to try to convince this animal you are not here to mess with them and you aren't here to be messed with either. Fortunately I've never encountered an angry grizzly and my dog who is aggressive to black bears seems unwilling to bark at the big brown ones.

The best thing to do is always consider where you are, pay attention to every detail, walk the higher ground as often as possible, move quietly through the forest like you belong with the animals and more often than not you will see them before they see you. Remember, they can't see worth shit. Get loud and get mean if you have to get rid of them.

Practice it, go find a bear and with confidence tell it to fuck off...they do almost every time. There is a chance that things will always go wrong, but if you consider deeply the notion of walking with a big stick you may be able to defend yourself rather than lay down and die. Interestingly enough for all the grizzly bear we see in the Cariboo Mountains there are very few attacks, the locals here rarely carry guns in the bush.

Being killed by a bear is a statistical rarity but should the occasion arise the farm kid in me comes out, I take charge of the situation. We are humans, everything should be afraid of us so that is how I suggest you behave. If you don't have the will to fight, then simply travel in groups or stay out of the forest altogether. Remember that there's a thousand ways to die in the forest and bear attacks are statistically among the lowest percentage of wilderness deaths. Realize what the real dangers are out there and put it all in perspective!

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OR BE A HIPPIE: Go to the forest and beat all sense out of a giant bongo while sitting around naked reading Ginsberg out loud so you can worship nature as most of it is running far away from your racket. Nothing will want to come near you. If you do not have the spirit to be the hunter then maybe try something noisy like this. As for me, I always chose the latter

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Bear bells don't work because bears don't hear any better than you do, if you ever run into people wearing bear bells in the bush you almost always hear it right as you come upon them. Bells are just annoying and weenie. If you are going to use noise to keep safe from bears play a bongo or shoot a rifle.

FIGHT BACK AGAINST THE BLACK: Black bears are smaller and much more common but have also been known to hunt humans in a way that the Grizzly isn't so famous for. When you realize a black bear is stalking you it's time to get mean spirited. You can't

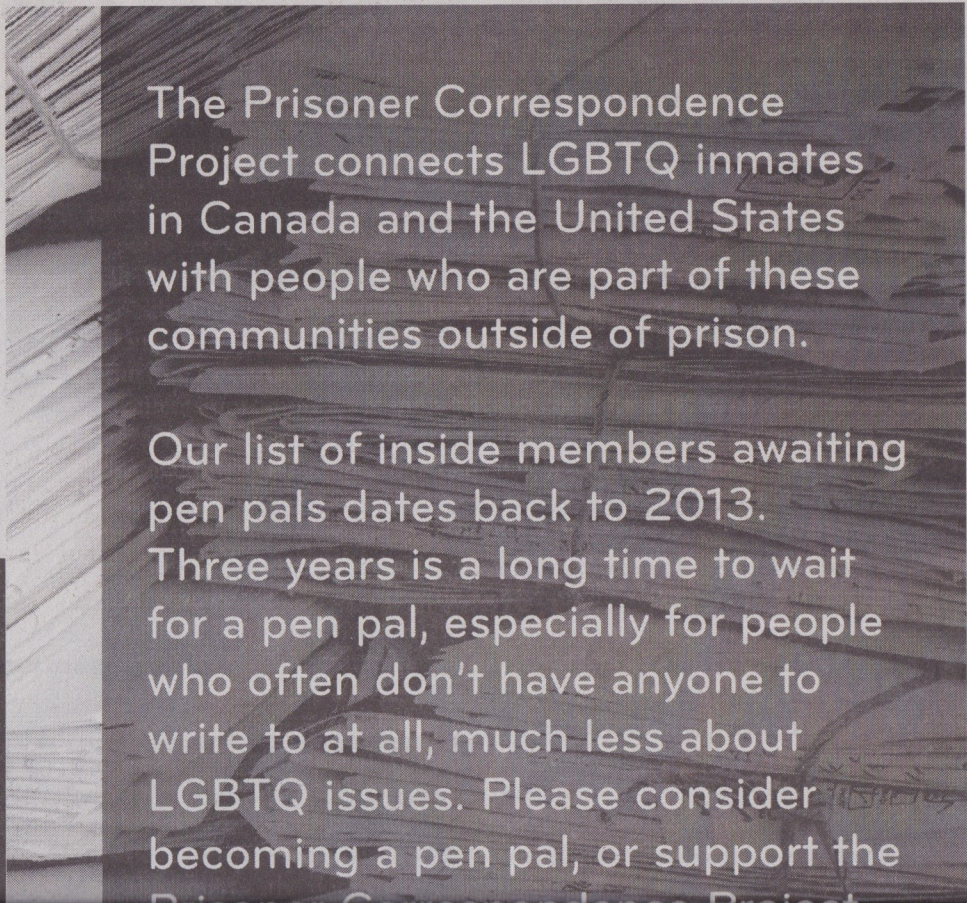
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Our list of inside members awaiting pen pals dates back to 2013.

Three years is a long time to wait for a pen pal, especially for people who often don't have anyone to write to at all, much less about LGBTQ issues. Please consider becoming a pen pal, or support the

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DRAWN BY YANN.

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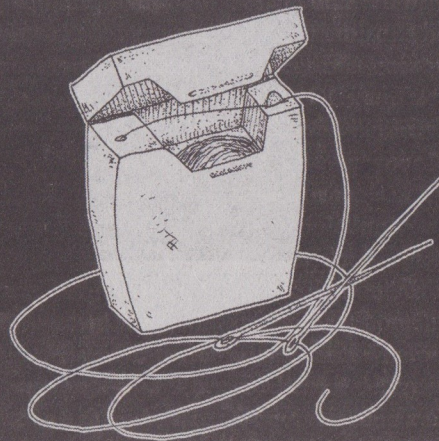
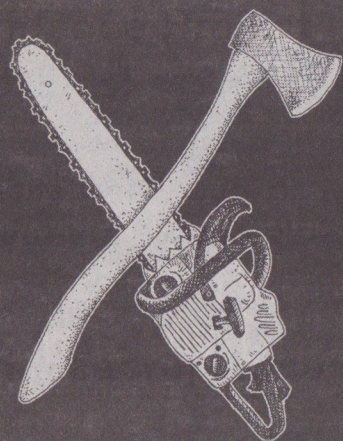
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To become a pen pal, make a donation, or simply find out more about the Project, visit:

prisoner Correspondence Project.com

PRISONER
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PROJECT

HOCHBEET GARDENING

Logan

The Hochbeet (German for “raised/high bed”) is a practical method for creating a self-fertilizing, composting raised bed. This is also sometimes called a “lasagna” garden or “sheet composting” because of the layering of different organic materials. If you do not have raised beds, you can use this method in a mound/hill (Hugelkultur/Hugelbeet) or even in a large container garden.

The best time to build and establish your Hochbeet is in the fall because yard clippings and rough materials are readily available. This also gives the organic matter some time to begin breaking down before spring. In Oregon, this requires covering the bed with a tarp and weighing it down with bricks for the entire winter to let it “cook” and prevent soggyiness from all the rain. In a dryer climate, you need to ensure that the bed stays somewhat moist. If you need to plant immediately and don’t have time to over-winter the bed, just make sure the top 5-10 inches are a good quality top soil.



garden later. In our case, it was mostly just clay, so we attached our hardware cloth (fairly expensive heavy duty wire mesh to prevent mole issues) and went straight to layering larger sticks and branches. The next few layers should be alternated between browns aka carbon rich materials and greens aka nitrogen rich materials, ending with a layer of compost and a thick layer of topsoil, as detailed in the photos below.

Layers of the Lasagna

Note: I have italicized the materials that are pictured in this bed. I highly recommend experimenting with different carbon and nitrogen sources, especially those that are readily available to you.

Sublayer (Optional):

Hardware cloth to keep out the moles

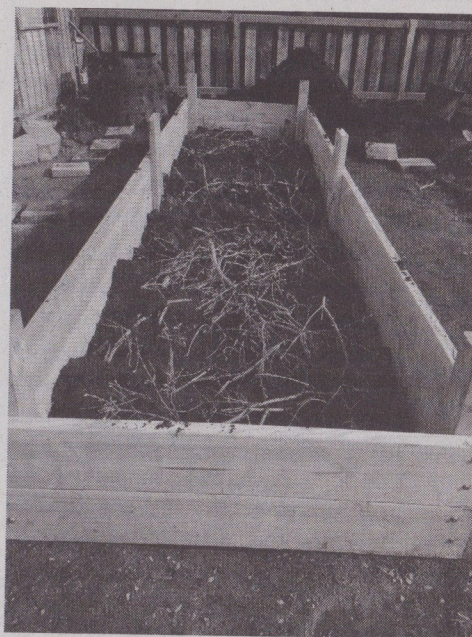
Layer 1:

Newspaper, large branches and sticks



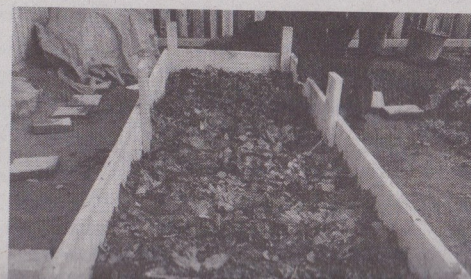
Layer 3 (nitrogen):

Kitchen scraps, somewhat aged *animal manure*, grass clippings, coffee grounds



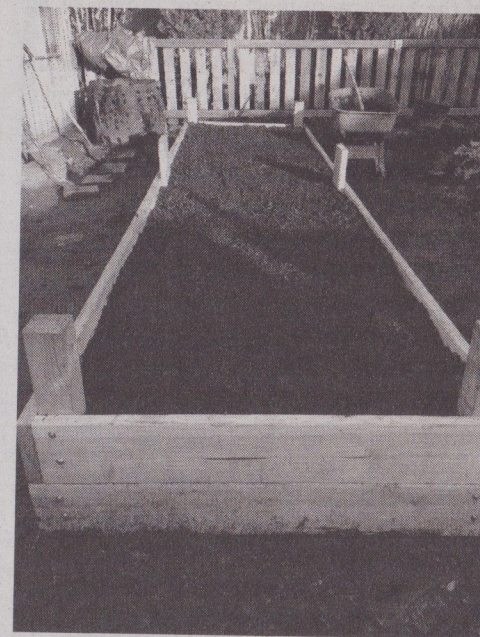
Layer 4 (carbon):

Leaves, pine needles, straw, fine bark



Layer 6:

Fine topsoil (top 10 inches of bed)



Note from the Author: Howdy! I'm Logan, aka Farmer V, an enviro/vegan/solar/plant punk from Texas, USA and currently homesteading in Oregon, USA. I want to share some garden tips to help y'all rural punks grow the best organic vegetables, fruits, and herbs possible. Feel free to contact me on my blog with any questions or feedback (farmer-v.tumblr.com).

this method in a mound/hill (Hugelkultur/Hugelbeet) or even in a large container garden.

The best time to build and establish your Hochbeet is in the fall because yard clippings and rough materials are readily available. This also gives the organic matter some time to begin breaking down before spring. In Oregon, this requires covering the bed with a tarp and weighing it down with bricks for the entire winter to let it "cook" and prevent soggyiness from all the rain. In a dryer climate, you need to ensure that the bed stays somewhat moist. If you need to plant immediately and don't have time to over-winter the bed, just make sure the top 5-10 inches are a good quality top soil.



Advantages:

- No need to fertilize for 2-5 years due to high nutrient content of layers
- No tilling or double digging needed
- Perfect balance of water retention and drainage
- Promotes soil microbial activity and preserves the soil ecosystem
- Uses garden waste and yard debris from your property

Layers of the Lasagna

Note: I have italicized the materials that are pictured in this bed. I highly recommend experimenting with different carbon and nitrogen sources, especially those that are readily available to you.

Sublayer (Optional):

Hardware cloth to keep out the moles

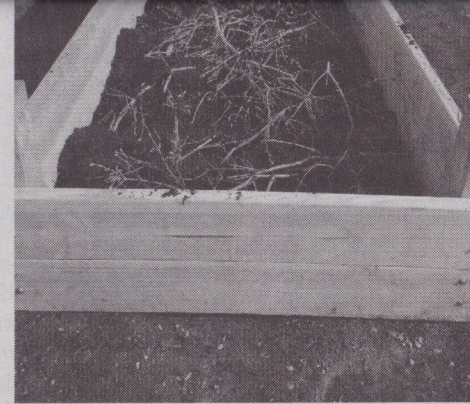
Layer 1:

Newspaper, *large branches and sticks*



Layer 2 (carbon):

Rough garden waste, *small branches and sticks*



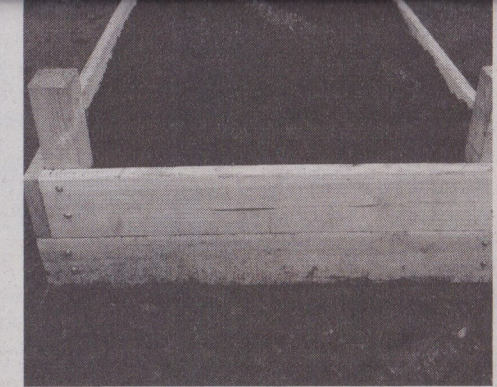
Layer 4 (carbon):

Leaves, pine needles, straw, fine bark



Layer 5 (nitrogen):

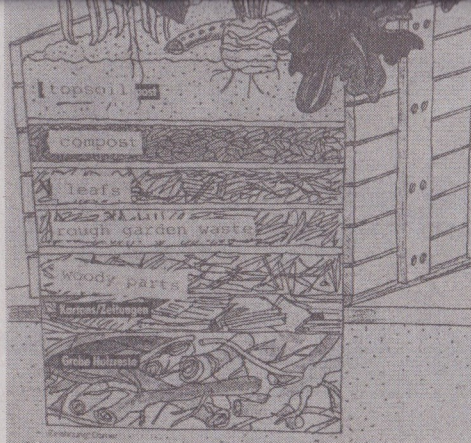
Compost



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SEND US YR
RECIPES
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SHORT STORIES
ART

SUBMIT
TO



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No need to fertilize for 2-5 years due to high nutrient content of layers
 No tilling or double digging needed
 Perfect balance of water retention and drainage
 Promotes soil microbial activity and preserves the soil ecosystem
 Uses garden waste and yard debris from your property

Disadvantages:

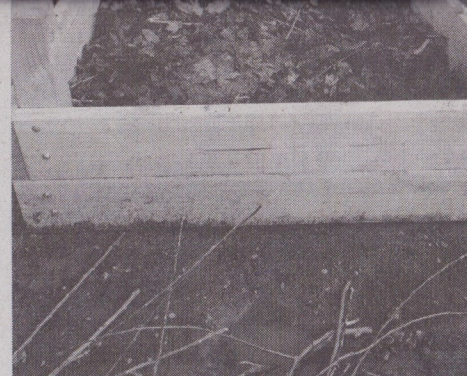
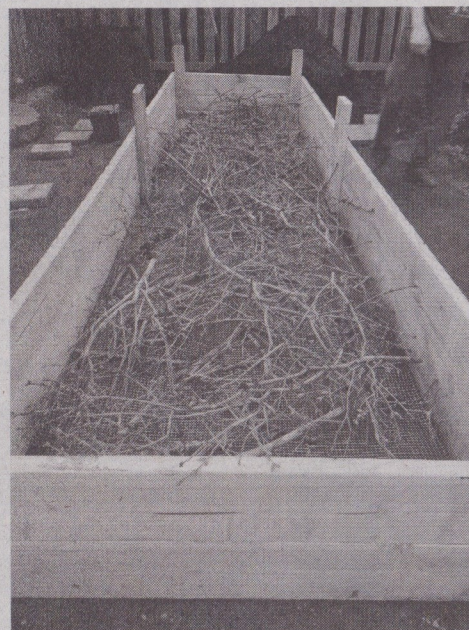
Planting before layers have had some time to decompose may result in a "slimy" phase where more slugs and snails are present (see above)
 If an abundance of leaves, yard debris, sticks, branches, straw, etc. are not available to you, this may not be the best option for your garden (the whole point is to use what you have- not to spend a bunch of money getting materials)

Once you have your beds built and your materials gathered, assembling the Hochbeet is fairly easy. Newspaper or cardboard are highly recommended for the bottom layer if you have a lot of grass or weeds where you are establishing a new bed. These materials will suffocate the grass and weeds so they don't show up in your



Layer 2 (carbon):

Rough garden waste, *small branches and sticks*



Layer 5 (nitrogen):

Compost



SEND US YR
 RECIPES
 DIY HOW-TO'S
 SHORT STORIES
 ART

SUBMIT
 TO
 THE GRIND

DEADLINE FOR THE
 SUMMER ISSUE
 IS JUNE 1st

SEND SUBMISSIONS TO
SUBMISSIONS@COUNTRYGRIND.NET

RURAL PUNK CLASSIFIEDS

Are you looking for that special someone to share a rural punk life with? Maybe you're a lone punk looking for a place to settle down? Or maybe you have a few extra acres on your land and you're looking for just the right punk to share it with? Well, the Country Grind Classifieds are for you!

Also you can have ad's for other things as well, i.e. selling a truck, buying/selling guns, getting rid of excess building materials, whatever. But if you have a distro or a blog or something that your trying to promote I'm going to say that you should just buy an ad, (\$10 for ad space is fucking cheap!)

Classifieds are totally free!! Please try to keep your ad brief. If it is too long/not straight to the point we will require you to edit it before publishing. Folks can have multiple ads about different things.

email us your classified ad at punx@countrygrind.net

Our organic CSA farm is looking for some woofers to help on all kind of work related to homesteading: building stuff, planting stuff, harvest and process/canning... ya know all that can be done on a farm. All this started as a normal organic farm in 2011... now we're all about permaculture, wanna talk about it? We're by the temiscouata lake on a hill. You will have a roof, good food, good music and possible long term friendship! E-mail: jcaldwell1@hotmail.ca

Oh lonesome Nova Scotia..Me and my two lovely dogs have made the decision to settle down for a year or two in our home province of Nova Scotia while I work, buy a new vehicle, and get some schooling in before we get back to our regular vagabond life style. But its proven to be a little more difficult social wise then we thought! We miss our human, and four legged friends; We don't get to Halifax very often and live in a very rural area of Hants County. So we are reaching out to anyone old , or new to have some dog time play dates and fun hang outs with rad people! You can reach us by email rachell.ann.conrad@hotmail.com or even check out our instagram and see just how much fun your pooches could be having with these two gremlins @ratshellstyshades

Looking for a co-conspirator, who is badass and has skills- as well as a witty thinking outside the box 'tude- who wants to DO THINGS. I do a number of projects, recording buskers, and friends music- and also am skilled in survival epicness, and really I want to be able to have a partner in crime who will hold their own, and add to the fray. This DOES NOT need to be a romantic call out. I am having trouble with people not on the same page here, as well as people that don't know how to work on projects, or be quiet, or live for real. Very frustrating. My email is: [natania.nunubiznez@gmail.com](mailto:nunubiznez@gmail.com) to discuss further.

I'm a 20 something rural-living, primitive skills loving buckskin babe who is fucking tired of the bullshit and heartbreak. I'm looking for someone regardless of age, gender, and sexuality to be my companion in an undefined partnership. I am an artist, farmer, timber-framer, beekeeping, beer-making, steam-bending, woodworking, dying, pickling, taxidermist, tanner, flower-aranging, catering, composting, hairy, butcher, lingerie-maker, and I will travel pretty much anywhere. Must be interested in social justice, gender and sexuality issues and most importantly be inspired by a high-risk wild heart. Dillweeds need not apply. Acworth, NH ckazarov@gmail.com

Are you a rural theatre-maker? I am and I'd love to connect with other folks doing grassroots performance stuff in the woods/in underfunded rural communities...especially devised or community-based kinda stuff. Also looking for a rad community-based theatre ensemble to apprentice with this summer (2014). Just saying....afiendstra@gmail.com

The situation is, I have a house on my hand (on which I pay rent, insurances, electricity...) on 1.3 acres. It's located in southern Quebec, about 15min drive from NY border. I am looking for anyone, regardless of age/gender/dietary choice... to either come and live here or rent the house for a few months to many months. Ideally, you would be into renovations, gardening, community, frugal living and so on. I don't mind if you are alone or in a partnership. Doesn't matter the number of people. for further inquiries contact me at : jcayer@live.ca

We are a little bunch of Farm/Bush anarchist living on a 5 acres organic CSA farm in the marvelous Témiscouata valley in the Québec's Appalachian ridge. We are living a couple km from the TransCanada highway where we know, lots of kids and travellers are passing by on their way either west or east. You are welcomed to stop and spend some time with us, work on the farm for some good fun and food. Just drop us a mail jcaldwell1@hotmail.ca, or walk 6 km on the way to Squatec and watch for a greenhouse on the hill or your left

Want to live in (or just visit) the middle of nowhere with other like-minded people? Do you like the Northwoods? We're a young family of 4 + 1 friend with 60 acres in northern Minnesota trying to start a community/land share. Check out our IC listing: www.ic.org/directory/long-haul

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House/Landmate Wanted:

Opportunity available for room in a newly formed group house on a large property shared by 4 or more other self sufficiency/ DIY oriented, creative persons and a few independent businesses; a small community of sorts. Fairly wide open opportunity to be involved in any number of pursuits or projects, both on your own and with others. Located between Washington DC and Baltimore in the mid Atlantic region of the U\$A, but in an immediate area that is fairly rural for being located in the very densely populated middle section of Maryland. Would be happy to fill anyone possibly interested in on all of the details (location, rent amount, goals, etc.), just get in touch. Tonie; xkss713@yahoo.com

Amateur accordionist learning to play solo in the woods. Could use some inspiration--do you play? Have sheet music or recordings you'd recommend? I'd be super grateful. Will send you a lil thank-you. Email mp3s@afiendstra@gmail.com or mail to Eliot Fiend, P.O. Box 1098, Cave Junction, OR 97523.

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CALL OUT

Are you a First Nation/Inuit/Métis reader of The Grind, and have some perspectives you want to share on colonialism or your experiences with rural living (such as the intersection of mostly white folks getting off the grid but furthering colonialism in the process, or systemic racism, or...?)

Are you a PoC with reflections or experiences to share on what it's like to be one of the only brown/black people in your entire town/region/county?

Are you the only person in your town with a different mother tongue and "an accent"?

Did you grow up with a religion (whether you are practicing it or not) other than the one that's dominant around your homestead, and have thoughts to share on balancing cultural tradition with relative isolation and general lack of understanding from your neighbors?

Do you have thoughts/reflections/stories/actions in solidarity to the complicated issue of bringing in temporary foreign workers to your

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Do you have thoughts/reflections/stories/actions in solidarity to the complicated issue of bringing in temporary foreign workers to your neighborhood for part of the year?

Are you a white settler that has been instructed by indigenous or PoC neighbors on meaningful and respectful ways to actively combat colonialism in your area?

This is a call-out for submissions and/or an invitation to collaborate. We are encouraging you to send articles to submissions@countrygrind.net, or a smaller piece/poem/thought/comment/complaint/advice to Tzomi at tzomisara@gmail.com, who will be compiling a piece for the Grinds 2016 Winter Issue.

In solidarity,

Tzomi & The Grind

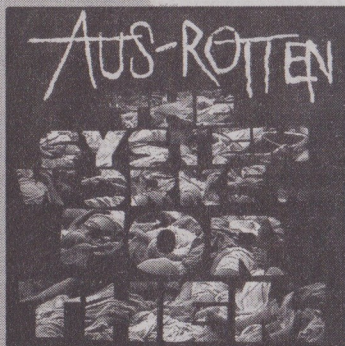
p.s. if you are a rural rad antizionist jew and want to be a pen pal, shoot Tzomi a message!

PROFANE EXISTENCE

— MAKING PUNK A THREAT AGAIN —

Out Summer 2016!

AUS-ROTTEN
"The System Works
For Them" LP



The first official re-issue of The System Works For Them" Released 20 years ago the songs on this record are just as relevant in 2016 as in 1996. A top notch classic this is the LP that opened the eyes and ears for a generation of punx.

WAR//PLAGUE **STORM OF SEDITION**
"Carrion" LP "Decivilize" LP



These Minneapolis punk veterans show no end to their fury as they bring us their 8th release! Nine tracks of blistering crust punk that sends a clear message of resistance and anger against the atrocities that plague our world.



Storm of Sediton is a DIY anti-civilization anarchist crust punk band based out of Victoria BC kkanada (occupied Lekwun-Gen Territories). Sharing members with the mighty ISKRA you can expect a metallic crust sound but unlike their blackened counterparts STORM OF SEDITION bring more of a crust dynamic to the table and deliver us a devastating LP.

"We aim to spread through our music, the hatred of civilization, domestication, and control, while promoting resistance to the techno-industrial capitalist system."

Out Now !

SILENCE
"The Deafening Sound Of
Absolutely Nothing" LP

WARWOUND -
"A Huge Black Cloud" The
Demo's 1983 LP

**APPALACHIAN
TERROR UNIT** -
"We Don't Need Them" LP

PROFANE EXISTENCE RELEASES

Currently in Stock

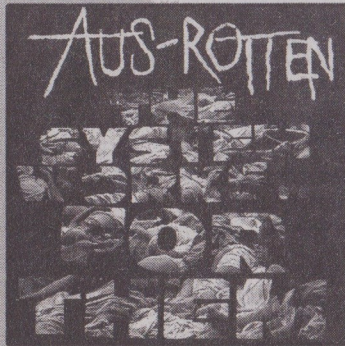
LP's

- AGAINST EMPIRE - "Thieves and Leaches" \$8
- AHNA / CETASCEAN - "Imperial Decline" Split \$10
- AMEBIX - "Knights of the Black Sun" \$10
- APPALACHIAN TERROR UNIT - "Greenwashing" \$10
- APPALACHIAN TERROR UNIT "We Don't Need Them" \$12
- DEVIATED INSTINCT - "Liberty Crawls" \$10
- DRESDEN - "Final Hour" \$10
- IMPERIAL LEATHER - "Do You Know Where Your Children Are?" \$10
- IN/DEFENCE - "Don't Know How to Break Dance" \$10
- IN/DEFENCE - "Party Lines and Politics" \$10
- ISKRA - "Ruins" \$12
- LA ARMADA - "Crisis" \$10
- MASSMORD / SHADES OF GREY - Split \$10
- MURDER DISCO X - "Ground Zero Stuttgart" \$10
- OILTANKER / NO TOMORROW - Split \$10
- RIFLE DIET - "No Solace" \$10
- ROAC - S/T \$10
- SILENCE - "The Deafening Sound Of Absolutely Nothing" \$10
- WARCOLLAPSE - "Defy" \$10
- WAR//PLAGUE / POLICE BASTARD - Split \$10
- WAR//PLAGUE - Temperaments of War" \$10
- WARWOUND - "A Huge Black Cloud" \$10

APPALACHIAN TERROR UNIT - "Armageddon Won't be Brought by Gods" \$5

7IN's

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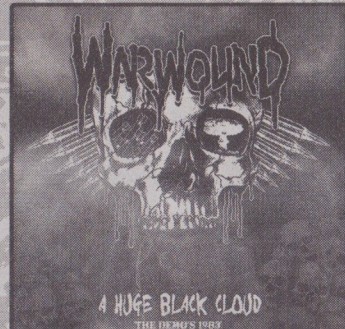
SILENCE
"The Deafening Sound Of
Absolutely Nothing" LP



THE DEAFENING SOUND OF ABSOLUTELY NOTHING

SILENCE take music stylings from post punk / goth acts like SISTERS OF MERCY, and SIOUXSIE AND THE BANSHEES with hints of NEW MODEL ARMY then combines it with anarcho punk reminiscent of RUDIMENTARY PENI, ZOUNDS, and THE MOB. Although the post punk revival is "all the rage" these days SILENCE stands apart from the crowd due to their serious political edge. Bringing activism to the forefront SILENCE's songs are deeply rooted in animal rights, personal freedom, and convey a strong anti violence / anti war stance. Giving the post punk scene a much needed kick in a more radical direction.

WARWOUND
"A Huge Black Cloud" The
Demo's 1983 LP



Recorded in 1983 this record contains 15 songs from three sessions. With a few different takes you get a total of 27 blistering tracks. For those unfamiliar with WARWOUND they are a UK band formed in 82, and released 2 demos in 83. Members went on to join THE VARUKERS and form SACRILEGE. Highly influenced by DISCHARGE, WARWOUND is one of the first bands ever to take D-Beat Punk to new and intense level.

**APPALACHIAN
TERROR UNIT -**
"We Don't Need Them" LP



"We Don't Need Them" is the second full-length record from West Virginia punks Appalachian Terror Unit. ATU have become known throughout the years as being one of the most politically charged bands in the current punk scene. This new record is an all out attack on today's society that takes ATU to a new level of intensity both lyrically and musically. The combination of the beautiful and thought provoking gatefold cover (with art designed by Stiv of War) along with the brilliant recording and mastering job by Jay Matheson at the Jam Room take this record even further.

APPALACHIAN TERROR UNIT - "Armageddon Won't be Brought by Gods" \$5
APPALACHIAN TERROR UNIT - "Black Sands" \$5
DEADLY REIGN - "Slave" \$5
DESPISE - S/T \$5

DIRTY KID DISCOUNT - "Sharpen Your Knives, Evil Threatens the Land" \$5
DOOM - "Police Bastard" \$5
DRESDEN - "Extinguish the Cross" \$5
FRUSTRATION - "Disintegrate" \$5
HELLSHOCK - "Warlord" \$5
KRANG - "Broken Waves" \$5
RATSTORM - "Empty Hands" \$5
RIFLE DIET - "Abuse Begets Abuse" \$5
THE SHAME - "The World is Ours" \$5
SICK/TIRED - "Manufactured" \$5
WAR//PLAGUE - "Primal" \$5
WARTORN - "Domestic Terrorist" \$5

**WAR//PLAGUE /
VASTATION**
"United in Darkness" Split EP

RIFLE DIET -
"No Solace LP

ISKRA -
"Ruins" LP

CD'S
AMEBIX - "Redux" \$8
APPALACHIAN TERROR UNIT - "It's Far From Fucking Over" \$8
BEHIND ENEMY LINES - "Know Your Enemy" \$8
BEHIND ENEMY LINES - "Under the Iron Fist of God" \$8

BLACKOUT - "Stop the Clock" \$8
OPPOSITION RISING - "Discography" \$8
RESIST - "Resistography" (double cd) \$12

Absolutely Nothing LP



THE DEAFENING SOUND OF ABSOLUTELY NOTHING

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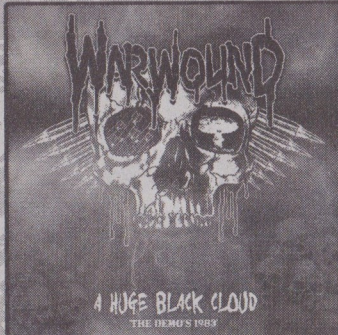
WAR//PLAGUE / VASTATION

"United in Darkness" Split EP



Both WAR//PLAGUE and VASTATION have teamed up to deliver a fierce and politically charged record. This is WAR//Plague's 7th release that has 2 songs with a cover track that pays homage to TOTALITARs "Sin Egen MotstÄndare". VASTATION once again are out for blood! This band has proven that they are at the forefront of the stench/crust movement with influences stemming from Sacrilege and Bolt Thrower!

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RIFLE DIET - "No Solace LP rifle diet



Rifle Diet's No Solace is a 12in 45 that combines the Classic Minneapolis crust sound with Swedish d-beat and Epic crust. Think somewhere between Seritude and Wolfbrigade with hints of Tragedy and Fall of Efrafa. The beautiful cover art by Hannah Benoche sets a bleak mood for the dark music within. Plus a cover of His Hero is a Gone - Chain of Command. EX-members of InDefence and Garmonbozia.

We Don't Need Them LP



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ISKRA - "Ruins" LP



"Ruins" contains 10 punishing songs with lyrics ranging from anarchist theory, military drone strikes, historic native American battles against European colonialism, and a yearning to be free from draconian laws. Combined with over the top riffs, devastating blast beats, pulverizing toms, and the occasional dive bomb this LP will leave your speakers smoldering. Not only is this one of the most intense records PROFANE EXISTENCE has ever released, it is also one of the most beautiful presentations in recent years. Comes with an 11in x 11in 12 page booklet inside. Printed on glossy paper, this booklet contains not just lyrics but very thorough explanations of each song.

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DEADLY REIGN - "Slave" \$5
DESPISE - S/T \$5
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